

LIFE & STYLE: Unleash Your Fitness Potential Pg. 7
Mitchell Jones: Don't drive after 75 Pg. 5

Ele G cti ons

This week:
Wed thru Fri

Featured

Story

Four women in roles of leadership make their way at SU and in the community Pg. 8

Boxer Guerrero will fight Friday, April 16.
See page 11 for a discount code.



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THE FLYER

Vol. 37, Issue 19

Salisbury University's Student Voice

March 30, 2010

RateMyProfessors.com gives Ackerson an A+



Adrienne Price photo
Dr. Wayne Ackerson

By Jacqueline Miller
Staff Writer

On his office door are his class schedule and two bumper stickers that read: "Don't Mess With Texas" and "God Bless America." As lead singer of a band and an aspiring play writer, he's not quite your average college history professor. And that's what makes him great.

The gift of teaching is a rarity and Dr. Wayne Ackerson has got it.

"I just kinda do what I do. I don't have any deep-rooted secret philosophy of teaching. I try to be personable, fair and interesting," Ackerson said. "I think students like to see you're a normal person."

Recipient of the 2010 Faculty Appreciation Award and 2006 Faculty

Member of the Year, Ackerson has recently added to his accolades, placing fourteenth on RateMyProfessors.com's 25 Top-Rated Professors List for 2009. Each year the Web site, owned and operated by the MTV college network mtvU, honors the highest rated college professors and faculties across the country through its annual rankings. Upon finding that he was named on the list, Ackerson was in disbelief.

"I honestly didn't believe it at first. I read it several times, and my name was on there," he said. "It was weird. To think you are a top-rated professor is strange."

Reaching millions of college students each month, the Web site allows users to read previous students' comments and view instructors' rat-

ings based on helpfulness, clarity, rater's interest and easiness. Determining the top-rated professors, however, consists of an equal weighting of only two criteria: clarity and helpfulness. Based on a fairly complex process, each individual rating value is standardized using rating scores from 2007 through 2009. The scores are weighted with 15 percent for 2007, 25 percent for 2008 and 60 percent for 2009, reflecting a combined, long-term performance rating, with an emphasis on the most recent ratings.

In the classroom, Ackerson shines. His laid back, storytelling lecture style engages students as he takes them to various places and times throughout history. It is because of this that history major Julie Messick

says she thoroughly enjoys taking his classes.

"I really like learning about history," she said. "He's really good at explaining everything and he's really funny, too."

Ackerson has the natural talent required for teaching and a way of making an impact on students. When asked about his favorite class, Ackerson said there is really no class that he dislikes teaching.

"I don't get bored," Ackerson said. "A big part of what we're doing is what people's lives were like during a specific time; it can't not be interesting."

Ackerson had no intention of becoming a teacher when first attend-

SEE Ackerson Pg. 2

New technology will streamline scheduling

By Jacqueline Miller
Staff Writer

In this age of technological advances, changes take place all the time and Salisbury University is no exception.

Career Services has already been offering students the opportunity to schedule appointments online, but with the appointment system extending past this department, students will be able to select who they wish to meet with on campus and when it will take place. Located in Gull-Net, the system is easy to use and allows students to make an appointment anytime they want.

"I think the system is a great idea because now I [will be able to] sign up for advising from the comfort of my home instead of going all the way to campus and risking the chance of getting a parking ticket," said senior Nick Borden. "It definitely would have been nice to have earlier in my college career."

Endicott and IT Developer Terri Stuck have worked closely together to create a system that all departments can use. The need for an online appointment system was clear, with students still required to sign up for advising via a piece of paper posted on an office door.

"[The use of] papers on

teachers' doors is old-fashioned," Stuck said. "This system is intended to take care of the student population and make their lives easier. It's also a way to save paper and become more green."

The goal of the online campus appointment system, currently only being utilized by Career Services, is to eventually include the entire campus so that anyone can go online at anytime to make various appointments with any department. It will streamline the previous process of scheduling appointments.

Any department or faculty member can become part of this scheduling system, Endicott said. He added that these new additions will be phased in slowly.

"I think it's been way overdue for students not to use the technology available to them," Endicott said. "We have first-class technology at SU and it's about time we take advantage of it. It's silly to think that we are still using sheets of paper to schedule appointments."

The system took five months to develop and was flexibly designed to work with any department. Student workers and graduate assistants from the Career Services department were heavily involved in the system's development.

SEE Scheduling Pg. 2



Prospective 2014 class gets look at campus life

By Eric Arndt
Staff Writer

While most of campus was still asleep at 9 a.m. on Saturday March 27, a flock of potential Sea Gulls gathered on campus to get acquainted with Salisbury University. Admitted Student Day 2010 had 1,320 anxious attendees — including 585 admitted students and their family members.

"When I walked into Maggs in the morning I was immediately invigorated," said admissions counselor Jonathan Colon. "Sammy was there getting the crowd excited. It was like a pep rally and it was great to see students immedi-

ately immersed in SU spirit."

Though Colon organized the event with admissions administrative assistants Jennifer Stevens and Leigh Ann Taylor, he also expressed thanks to anyone who helped.

The campus was riddled with nervous parents and prospective students itching to get a taste of the college experience but all anxieties and tensions were put at ease and questions were answered. Students who have been accepted to SU and their parents were afforded the opportunity to speak with

SEE Accepted Pg. 2



Vanessa Junkin photos

Top Photo: Sammy greets admitted student David Larkin and his mom, Amy Larkin, both of West Harford, Conn., with a high five in the GUC. Bottom Photo: Julia Hudson, an admitted student from Exton, Pa., poses at the Alpha Sigma Phi table, where Nathan Sitterley and Kevin Crown, rush chairs, and Tim Small, president, were giving out goldfish as prizes.



Adrienne Price photo

Maryland GOP Chairwoman Audrey Scott talked to SU College Republicans at their meeting in the Fireside Lounge on Wednesday.

Md. GOP Chairwoman shares Republican values

By Laura Dignan
News Editor

Dressed in red, white and blue, Maryland GOP Chairwoman Audrey Scott spoke passionately to the SU College Republicans to assure them that the Republican Party is growing strong and that they should stay proactive in the upcoming year.

"The Republican Party in Maryland

is alive and well," she said. "We're kicking and we're really making progress. 2010 is going to be a big year for us."

Before becoming Chairwoman, Scott served three terms as the Mayor of Bowie, Md. She later served eight years on the Prince George's County Council. By 2003,

SEE Republican Pg. 2

Extraordinary women celebrated in honor of Women's History Month

By Diana Dwyer
Staff Writer

"Well-behaved women rarely make history" is a famous quote from Laurel Thatcher Ulrich. Ulrich's statement is fitting to describe the controversial actions a few women exemplified during the celebration of Women's History Month. Events examine the lives of Carolina Maria de Jesus, Frida Kahlo and Gloria Richardson.

The celebration began on Tuesday, March 23 with a speech by Dr. Emily Story from the History Department, titled "Carolina's Story: Life in a Brazilian Shantytown." It examined Carolina Maria de Jesus, who lived in a Brazilian slum — or *favela* — and was among a few in the community to go to school and learn to read and write. De Jesus kept a diary, and it was published in 1960 as "Child in the Dark" 17 years before her death in 1977.

De Jesus wrote about her dreams to escape the poverty she

was born into and how she was different from others in the *favela*. She refused to let go of her dreams and eventually rose out of poverty.

The 2002 film "Frida" followed Monday's speech on Thursday, March 25. The film was presented by Story and Dr. Corinne Pubill of the Modern Languages department. Story and Pubill introduced the movie with some historical background of Mexico and the cultural significance of her husband, artist Diego Rivera.

Throughout the film, Kahlo rebels against the norms of Mexico City by dressing androgynously and pursuing art without compromising her political and moral beliefs.

"It gives a more complex picture of our neighbor to the south, which I think is valuable," Story said.

Pubill said she hopes students learn about Mexican women in history and their impact on the world by watching "Frida."

"It is a representation of

power. That woman was so strong. How could you get stronger than that? She is an inspiration," Pubill said.

Special guest Dr. Sharon Harley, chair of the African-American Studies Department of the University of Maryland, College Park, will present a lecture on Wednesday, March 31 at 7:30 p.m. in the Wicomico Room of GUC. Harley's presentation is titled "A Forgotten Hero: Gloria Richardson and the Cambridge Civil Rights Movement."

The event is free, and Harley will discuss Richardson's controversy and her civil rights activism in Cambridge in the 1960s. Harley is the author of the 2001 book "Sisters in the Struggle: African American Women in the Civil Rights—Black Power Movement."

The final segment of Women's History Month will recognize student perspectives. An award ceremony for a "Writing Women

SEE Women Pg. 3

Briefly Stated

TKE Sweetheart and Interest Meeting
Tau Kappa Epsilon fraternity will host TKE Sweetheart on Wednesday, April 7 at 7 p.m. in Caruthers. The philanthropic event will raise money for Ronald Reagan's Alzheimer's Association. The winner of TKE Sweetheart is eligible to win the national TKE Sweetheart Scholarship presented by the Tau Kappa Epsilon Fraternity. Categories include: black dress, best rejection line, best toga, talent, and Q & A. An interest meeting for TKE Sweetheart is on Wednesday, March 31 in Henson 111 at 8 p.m.

SUSRC Abstract Deadline

The final abstract submission deadline to submit to the SU Student Research Conference is Thursday, April 1, at 11:59 p.m. Only students who have already submitted their intent are eligible. Also, participants will not be able to submit their abstract without approval from their faculty mentor. The conference date is Friday, April 23. The online submission forms and information can be found at the Web site: <http://www.salisbury.edu/susrc>.

Salisbury Idol

Wednesday, March 31 at 8:30 p.m., Salisbury Idol will be held in Holloway Hall. Singer/songwriter Jared Campbell will be the host in the search for SU's top singer.

Making Relationships Matter

Dave Coleman will speak at a SOAP event titled "Making Relationships Matter" on Monday, April 5 at 7 p.m. in Holloway Hall.

Public Dancing Exhibit

Artist Robert Lawrence's series of work, "Tango Intervention," will be shown at SU's Electronic Gallery, TETC Room 128, through Friday, April 2. An artist talk and reception are 5 p.m. Thursday, April 1, in TETC Room 153.

Kratovil chats with veterans



R.L. Pusey photo

First Congressional Delegate Frank Kratovil talks with senior Seneca Alvarado after his meeting with veterans who are current SU students on Monday, March 29 in the Pocomoke Room.

Accepted

Continued from Pg. 1

current students, faculty, staff and alumni about what it is like to be a Sea Gull.

"The crowd of students was broken down into three sections, because 1,500 - 1,800 is a lot of people. This way everyone has a chance to see everything our campus has to offer," said Ellen Neufeldt, Vice President of Student Affairs.

The three different groups were directed by staff around campus and each attended activities in the various buildings on campus. The student tour set out to answer any questions about the academic experience and student life.

The Student Life Fair, which took place in the GUC, was alive and buzzing with student clubs offering advice and information to accepted students. The student a capella group, Squawkapella, was a favorite for some students as their upbeat spirit and energy attracted many.

"This type of thing is right up my alley," said high school senior Whitney Nuttas about the campus singing group.

Another prospective student, Amber Mazzeo, who traveled from Pennsylvania, explained her satisfaction about the day.

"The students walking around just seemed so happy, everyone I spoke to just seemed so excited to be here," she said.

Students traveled from various states, including Connecticut, Massachusetts, New York and New Jersey, Colon said.

Students had the chance to make their deposit if they made the decision to attend SU.

"More deposits were made this year than last year, so the yield was up," Colon said.

Members of Greek Life set up in the GUC's Link of Nations. At one table, the Alpha Sigma Phi fraternity gave prospective students a chance to win a goldfish by throwing a ping pong ball into a glass of water.

"We have a lot of talent coming into Salisbury," said Alpha Sigma Phi member Nathan Sinterley, who was bagging up plenty of goldfish all day.

The GUC was loaded with representatives from student clubs, organizations, athletes and coaches, campus support services and Housing and Residence Life. One department in the GUC that was extremely busy throughout the weekend was Multicultural Student Services.

Multicultural Student Services also celebrated admitted students by hosting multicultural students for a visitation weekend, with events held Friday and prospective students staying over

that night.

"Multicultural student visitation weekend was established in 1995 and its major impact, or reason for being is an emphasis of recruiting students of different ethnicities to Salisbury University," said Director of Multicultural Student Services Vaughn White.

"Multicultural Student Services is probably one of the first organizations of our kind to offer an overnight stay to incoming freshmen."

The program institutes a peer-to-peer mentor-mentee scenario, where incoming freshmen are paired up with upperclassmen.

"Many of the mentors that volunteer have been in the program when they were freshmen and sophomores as well," White said.

Kristian Gregory-Lee, currently a sophomore and a mentor, was once a mentee. This year she spoke during Friday's events and also performed in an Admitted Student Day skit on Saturday.

"With the program we try to give [the prospective freshmen] the real feel of what college is about. You do have fun in college but you also have those times when you have to grow up... you no longer can rely on your parents to help," she explained.

White said a large percentage of the students who take part in multicultural visitation weekend end up choosing SU.

GullNet home page.

Health Services, Academic Advising and the Center for Student Achievement are currently in the works of joining Career Services in this system.

can Parry, Scott had to make up for the large debt she inherited from Pelura. Scott hired a new Executive Director, Kim Jorns, to help complete a new political aid financial plan which has proved successful thus far by exceeding fundraising goals by 200 percent in the first two months of 2010.

"2010 is our year and we have taken the steps forward to correct our mistakes and with the health care bill passing and tax-and-cap and immigration reform coming up we need to stop these liberal ideas in Washington," Teffau said. "They are taking away our freedoms and individual rights as Americans."

Cathleen Carver, an SU senior and Democrat, attended the meeting and was moved by Scott's speech.

"Every Republican meeting I've been to, they always seem more pas-

sionate about values and the things they do in the government," she said. "It's kind of inspiring. We do share some of the same beliefs."

While the recently passed health-care bill is a major controversial issue presently, Scott spoke mainly of encouraging the students to stand up and speak out about the issues at hand and focus on the Republican message, communication and leadership. She said the grassroots - students and the younger generation - need to be her eyes, ears and mouth to help spread the word.

"I see the Republican message being one of clear fiscal responsibility, strong national defense and keeping true to the constitution, which limits the government's control and involvement in the simplest things," Teffau said.



Photo submitted by Matt Teffau

Members of the SU College Republicans pose with GOP Chairwoman Audrey Scott during her visit to Salisbury Wednesday evening.

Melanie Perreault. "We didn't need [RateMyProfessors.com's] rating to know he's a great professor."

As an SU alum, Ackerson has been a part of Salisbury University for over two decades and remains involved in student life, serving as the advisor of the SU College Republicans and the leadership honor society Omicron Delta Kappa.

"I think it's good for students to have outlets," Ackerson said. "I think it's important to care about what you're doing. If you care about your job, you care about the students."

Originally from Corpus Christi, Tex., Ackerson has lived in various places all over the world. With his father in the Navy, he has lived everywhere from Hawaii to England to California, but considers

Maryland to be home where he has resided since 1980.

In his free time, Ackerson enjoys reading, traveling and playing soccer. His most recent trip took place over Spring Break to England with his 15-year-old son, Kenneth. He also enjoys jamming with his band, the Bluelight Special, consisting of fellow professors Dr. Perreault, Dr. Carlander, Dr. Moriarty, Dr. Vilmar and Dr. Erikson. The band has most recently performed at Escape Restaurant and Bar in Salisbury's Downtown plaza.

The 2010 fall semester marks Ackerson's twentieth year of teaching at SU, a milestone in his teaching career. With the way his career has gone thus far, the future is sure to hold great things for Ackerson as well as his students.

Crime Beat

3/10/10-3/11/10

4:30 p.m.-2:08 a.m.

Off-Campus Assault

A female student was assaulted by her boyfriend at an off-campus location. The student obtained a temporary Peace Order against the boyfriend. A copy of the report has been sent to Student Affairs.

3/11/10

3:06 p.m.-4:03 p.m.

Emergency Petition

Officers transported an on-campus student to the hospital for an emergency evaluation.

3/12/10

1 p.m.-2 p.m.

Theft

A student reported the theft of their coat and wallet from a classroom located in Henson Hall. The case is under investigation.

3/14/10

4 p.m.-4:05 p.m.

Damaged Property

A student reported that a lacrosse ball smashed the second floor window overlooking the basketball court in Maggs Gym.

3/16/10

6:50 p.m.-7:10 p.m.

Suspicious Circumstances

Officers stopped three juveniles who had been throwing rocks at a shed located in the parking area for SU buses next to the football field. The shed was not damaged. The juveniles were identified and released.

3/22/10

9:45 a.m.-11:30 a.m.

Hit and Run

A student reported that their vehicle had been struck and damaged while parked in the Caruthers lot.

SGA CORNER

SGA hosts elections, wants to hear suggestions

Submitted By Jessica DiPietro
SGA Vice President of Public Relations

Affairs: Emma Lewis

Vice President of External Affairs: No Applicants

Vice President of Public Relations: Christian Fazzini

Vice President of Diversity: Breanna Nunez and Samarth Joseph.

Note that no one is running for the position of External Affairs, but any student is allowed to run a write-in campaign. A student needs 50 votes to be nominated for a write-in candidacy.

On Wednesdays, the "What Do You Want?" Wednesday cart will be around campus. SGA representatives will bring students to their classes in the golf cart in return for input about Salisbury. Questions could include what students like about SU or what they would like to see changed.

See an article on the upcoming Big Event on page eight.

Women

Continued from Pg. 1

Back into History" themed essay contest will commence at 2:30 p.m. on Friday, April 2 in the Scarborough Student Leadership Center. The essays are centered on women who live interesting or

notable lives who are from the writers' families and local communities.

"Women's history affects both sexes because it shows how society has evolved as a whole throughout the years," said Mari Stack, a sophomore in the audience. "History is in the title and we learn from history. It impacts our actions today."



Adrienne Price photo

Dr. Emily Story, assistant professor of history, speaks about Carolina Maria de Jesus during a talk on Tuesday, March 23 in the TETC.

SU student Bona charged with attempted murder, victim is a Wor-Wic student

By Michael Piorunski
Staff Writer

Attempted second-degree murder, second-degree assault and possession of a deadly weapon with intent to injure are among the charges against SU student Daniel Michael Bona.

According to the Salisbury Police Department and charging documents filed, Bona, 21, of Sykesville, Md., is alleged to have stabbed a 19-year-old Wor-Wic Community College student on the morning of Friday, March 12. The Salisbury Daily Times reports the victim suffered injuries to the shoulder, kidney, lung and abdomen areas.

The incident occurred on Yards Lane, near both the Seagull Village and University Park student housing complexes.

Bona was detained at the Wicomico County Detention Center on the morning of March 12, and was released March 15 on \$75,000 bond.

Lieutenant Brian Waller of the University Police Criminal Command unit, 11 year veteran, is charged with handling cases involving student criminal activity.

Waller said the SPD responded to the scene and quickly put together what happened. He said the SUPD will not need to provide much additional assistance with the investigation.

"This was not a bystander randomly attacked," said Waller, adding "this was a student brawl that someone introduced a knife into."

He said a stabbing is certainly rare, but this is not the first incident of an act of violence of this nature.

Nicole Barrett, nursing major and a resident of the Camden Avenue neighborhood, said she does not feel as safe as she used to knowing about a student being charged with such a serious crime. She said she is concerned that the she was unaware of the crime, given its proximity to campus.

"Usually they send out emails about these things, [the SUPD] should be more informative," she said.

Waller said the SUPD only sends out Emergency Bulletin emails to students when a crime is committed that poses an imminent and ongoing threat to the campus community.

"The offender was known to the victim, and the incident did not pose an ongoing risk to the campus community," Waller said.

Dr. Ellen Neufeldt, Vice President of Student Affairs, says her office was notified of the alleged incident on the morning of March 12, and reiterated the rarity of such a crime involving an SU student.

Although she was not able to speak directly about the student or the situation, Neufeldt noted the gravity of the alleged crime and said, "as a university, we take this very seriously."

"This is not the type of behavior and civility we expect out of each other," she added.

Waller says he has had a career of watching people make bad decisions. He said "people get caught up in the heat of the moment," and added that many disputes are "meaningless, petty, stupid [and] typically alcohol-fueled."

Barrett says she has heard about other students involved in acts of violence.

"People need to realize there are better things...and need to pick and choose their battles wisely," she said.

Waller said people - students included - commit crimes and acts of violence due to what he dubs "a detachment from a reality of consequences."

As stated in the SU Student Code of Conduct Bona will be subject to SU judicial action, and will likely face "suspension from the University for no less than one calendar year."

According to court documents, Bona will face a preliminary hearing on Thursday, April 29, 2010 in Salisbury.

CLASSIFIED ADS

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Scheduling

Continued from Pg. 1

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Ackerson

Continued from Pg. 1

ing college here at Salisbury University, and he began his college career as a psychology major pursuing a career in adolescent counseling. He later picked up a double major after discovering his interest in history. "Everything is part of history," Ackerson said. "There's something for everyone and it's a matter of if you let yourself find what it is."

Continuing on in his studies, Ackerson received his Master's degree in history in 1990 and began his career as a professor at SU.

"We're proud to have Dr. Ackerson in the History Department," said History Department Chair Dr.

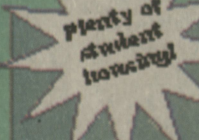
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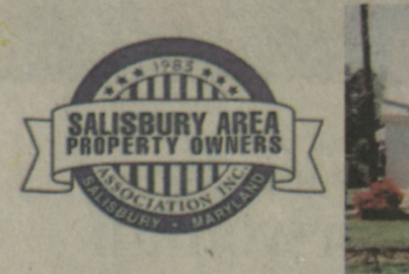
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Iceland volcano could affect global weather

By Jeremy Riffle
Global Editor

Ongoing volcanic activity in Iceland may lead to a massive eruption that could bring a chill to the entire world.

Scientists are concerned that a volcanic eruption near the Eyjafjallajökull (pronounced AY-uh-full-ay-ho-kul) glacier could be the precursor of an eruption at the nearby Katla volcano.

"Eyjafjallajökull hardly makes a move without Mount Katla wanting

to get in on the action. It is therefore of the utmost importance to watch events carefully," said Pall Einarsson, who works as a geophysicist at the University of Iceland.

In the past, three different eruptions at Eyjafjallajökull have been followed by eruptions at Katla. If such an eruption occurs in the near future, an immediate effect would possibly be the flooding of a nearby town of 300 people, caused by the rapid melting of ice.

There are, however, possible

global ramifications of a Katla eruption.

"When Katla went off in the 1700s, the USA suffered a very cold winter. To the point, the Mississippi River froze just north of New Orleans and the East Coast, especially New England, had an extremely cold winter," said Gary Hufford, a scientist with the National Weather Service.

If the lava that is being spewed from Eyjafjallajökull's eruption melts the glaciers on top of Katla, the removal of tons of glacial ice

weighing down Katla could result in the volcano blowing its top, ejecting enormous quantities of ash into the atmosphere.

The likelihood of an eruption affecting global weather patterns depends upon two factors, according to Hufford. The first is how long an eruption lasts. The second is how high the volcanic ash manages to get into the stratosphere.

"When volcanic ash reaches the stratosphere, it remains for a long time," said Hufford. "The ash

becomes a very effective block of the incoming solar radiation, thus cooling the atmosphere's temperatures."

The ash from the 1991 eruption of Mount Pinatubo, in the Philippines, was propelled 70,000 feet into the stratosphere over the course of a two day eruption. For the next year, global temperatures were about four degrees lower than usual.

The information in this article was sourced from the Reuters and USA Today web sites.

Google pulls out of mainland China

By Kelley Matney
Staff Writer

It's hard to imagine the Internet without Google. That is the new reality for the millions of Internet using citizens of China as of Monday, March 22.

In order to stop self-censoring search results as demanded by the government of China, Google, Inc. has taken their search engine out of mainland China.

A Google spokesperson told Reuters on March 22 that the corporation was unwavering in their disapproval and rejection of self-censorship.

A face-off between the Chinese government and Google began on January 12 when Google announced that they no longer wanted to follow some of the Chinese government's strict rules, mainly that they are required to omit specific search results that the government considers to be subversive or inappropriate.

"Figuring out how to

make good on our promise to stop censoring search on Google.cn has been hard," said David Drummond, Google's top lawyer, to the Washington Post. "We want as many people in the world as possible to have access to our services, including users in mainland China, yet the Chinese government has been crystal clear throughout our discussions that self-censorship is a non-negotiable legal requirement."

China does encourage the use of Internet for education and business, but blocks the right to access some sites, including those run by political activists and even some news channels.

"If Google leaves, it's a lose-lose scenario, instead of Google loses and others gain," said Edward Yu, president of Analysis International, a Beijing research firm in an interview with the

Associated Press.

Internet users in China are completely restricted from seeing other websites such as Facebook, YouTube and Twitter. Google pulling out leaves them even more cut off and secluded.

Those who try to visit Google's old Chinese search engine, Google.cn, are redirected to a Chinese-language service based out of Hong Kong. Google does not censor search outcomes in Hong Kong. All results cannot be obtained inside mainland China, however, because the government internet filters, called the Great Firewall of China, control and restrict what links can be accessed by citizens.

Google's engineering and sales departments will remain open in China. If the Chinese government reacts strongly, however, it could jeopardize Google's future in the country.

Information in this article has been sourced from the Associated Press and The Washington Post.

Ayad Allawi wins Iraqi elections

By James Asuquo-Brown III
Staff Writer

Secular-leaning leader Ayad Allawi won a narrow victory in Iraq's national elections, winning 91 seats compared to the 89 received by current Prime Minister Nouri al-Maliki's faction. Additionally, Ibrahim al-Jaafari's National Iraqi Alliance garnered 70 seats. A drawn-out political struggle is likely to occur, as al-Maliki has insisted upon a partial recount of votes.

Additionally, as no group won an outright majority in Iraq's 325-seat parliament, a coalition government will need to be formed.

Allawi, a former prime minister, heads a list of Shiite and Sunni candidates which won seats around the country. By comparison, al-Maliki, who leads a Shiite party, failed to gain votes in Sunni provinces and relied mostly on Baghdad and the

predominantly Shiite south. Al-Maliki, who won the most votes of any of the other candidates, had vowed to contest the results even before they had been announced and is now demanding a court consider his request for a manual recount of some ballots. He called the results unacceptable and charged that fraud had been committed, blaming forces within the electoral commission or unnamed outside parties.

Meanwhile, in a joint conference, the Iraqi High Electoral Commission and the United Nations dismissed all the complaints, saying it had already investigated them and found nothing serious enough to have altered the outcome. U.N. Special Representative Ad Melkert strongly reinforced the election results, calling the election credible and demanding all

parties accept the results. Al-Maliki has refused to accept the election results and political observers say he is betting on winning a second term based on the disunity between Allawi's Iraqi National Movement and the Iraqi National Alliance Parties and their inability to form a coalition government.

Iraqi political experts say assembling a coalition will take at least until July of this year, possibly even longer, and Allawi will have to overcome deep-seated mistrust from the other two potential voting bloc partners: the Kurdistan Alliance, which received 43 seats; and the Iraqi National Alliance, which fear that Allawi's party is filled with remnants of Saddam Hussein's Baath party.

All information in this article was sourced from BBC News and Voice of America.



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w/ valid college ID 50 cents off game price

\$1.50 Natural Light Drafts after 9 p.m.

Valid college ID and Driver's License required

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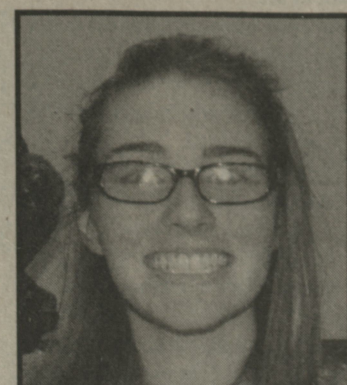
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Overheard: What SU event are you most looking forward to this spring?

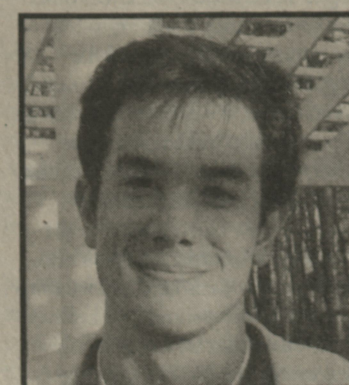
Photos and article by Kelly Mundle and Adrienne Price

Check out Overheard videos on our blog at <http://sufllyerblog.blogspot.com/>



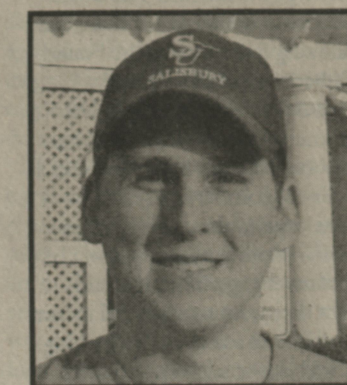
"I'm looking forward to Relay for Life."

-Alyssa Balint, sophomore



"I'm looking forward to graduation."

-Isara Fey, senior



"I'm totally looking forward to the concert coming up, it sounds like so much fun. Can't wait to go."

-Ryan Maluski, sophomore



"I am looking forward to the end of the semester, for summer to come."

-Sarah Starkey, freshman



"I'm looking forward to the War on the Shore game between Washington College. Salisbury is going to kick ass at that game!"

-Sean Adkins, freshman

The Flyer

Salisbury University's Student Voice

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Do you want to write or take photographs for The Flyer?

Stop by our meetings, held Monday nights at 9 p.m. in The Flyer office.

Don't drive after 75

Many senior citizen drivers shouldn't be on the road

By Mitchell Jones
Staff Writer

Senior citizens do many things well. They make the friendliest Wal-Mart greeters, bake delicious cookies, and never forget to send cash on birthdays and holidays. At least in America, advancement in age seems to come standard with a sunny disposition that's hard to resist. But when placed behind the wheel of an automobile, the sunny disposition of the elderly becomes a dangerous inability that puts other highway drivers in peril.

While it would be a generalization to categorize every senior citizen as driving impaired, it isn't a

stretch to assert that with age, the ability to think critically, react quickly, and function effectively diminishes tenfold. "The other day, I was on the beltway and saw an old lady doing 45 mph. Especially on such a high traffic road, that type of driving puts a significant burden on the other drivers," says area local Matt Dallam.

That's not to say that every senior citizen on the road is incapable of operating a motor vehicle. Often times, the years of driving experience make the elderly more adept to driving than their more youthful counterparts, who take to applying makeup while driving and texting behind the wheel.

A foolproof and effective way

to combat the growing threat of impaired elderly drivers involves the usage of a familiar practice to all motorists- the driving test. If the issue with elderly drivers is the deterioration of motor functions and slowing of the brain, than why not subject drivers over the age of 75 to a test that examines those very things? By re-examining the abilities of every elderly driver at least once a year, the motorist prowess demanded by the fast paced American lifestyle will be safeguarded, thereby protecting each and every driver, young and old.

The elderly will very likely take offense to the proposal of mandated driving tests for seniors, and

it's hard to blame them. It's a fact that nobody likes to have their ability to function challenged, especially someone who's been rolling along comfortably for upwards of 70 years. But sometimes the truth hurts, and the truth is that people deteriorate with age. No longer can society coddle the elderly, simply because they fought for our freedom in World War II, or worked 70 hours a week in 1957. Driving is a privilege, not a right, and so long as individuals are on the road that physically should not be, it's a privilege that should be taken away. Elderly motorists are on a very slow road trip to the grave- don't let them take you along for the ride.

Tough love for Israel

By Robert Forrester
Staff Writer

Earlier this month, when Vice President Joe Biden traveled to Israel, he received a rather nasty welcoming gift. The Israeli government announced the construction of 1,600 new housing units in East Jerusalem, internationally recognized as being outside the border of Israel, in the West Bank.

The news shook up what would have been an otherwise perfunctory visit. Biden met with Israeli leaders behind closed doors away from media scrutiny and canceled the usual public ceremonial greetings. Palestinian groups pulled out of U.S.-sponsored peace talks and international condemnation obscured what was to be an uneventful discussion on nuclear proliferation.

Tensions have been increasing steadily since the announcement. As always, the Israeli government has asserted its sovereign right to act lawfully within its borders, and as always, international leaders condemn Israel for their actions. What is not quite so formulaic this time, though, is that the United States may not blindly stand by her ally this time.

A U.S. official speaking in Qatar suggested that the United States might not veto a U.N. Security Council resolution condemning Israel's actions. The U.S. ambassador has standing orders to veto any anti-Israeli resolution in the Security Council,

but relations have deteriorated after the announcement. Palestinian Authority President Mahmoud Abbas walked out of U.S.-sponsored talks that had shown promise for the first time in over a year, and Israeli Prime Minister Benjamin Netanyahu has had to deny reports that his government has called Barack Obama a "disaster" for Israel.

But is Obama truly a disaster for Israel? Since before the first Intifada, the United States has stood firmly behind its ally, one of the few pro-Western democracies in the region. Constantly shielding Israel from international condemnation and giving its policies the blind support of the United States, however, has not helped the Jewish state gain recognition and respect in the Arab world. The Israelis take action, no matter how drastic, knowing that the United States will follow them to the gates of hell and back. But without the support of the United States, Israel will have to act in a conciliatory manner to the Palestinians.

On March 9, just before the Israeli announcement, Joe Biden claimed the United States was "absolutely committed" to Israeli security. Today, that statement just as true then as it is today. When the Israelis learn that their closest ally and friend will not support increased construction in Palestinian territory, perhaps they will be more willing to find a peaceful solution. Perhaps Obama's tough love is what is best for Israel.

Editorial Policy: Letters are welcomed and ENCOURAGED. Please include your name and your class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Deadline for submission is Wed. at 5 p.m. Please e-mail letters to flyer@salisbury.edu. Have you seen yourself in The Flyer? Stop by GUC 215 Monday - Thursday 8:30 a.m. to 3:30 p.m. with your flashdrive and we'll give you your pictures free of charge!

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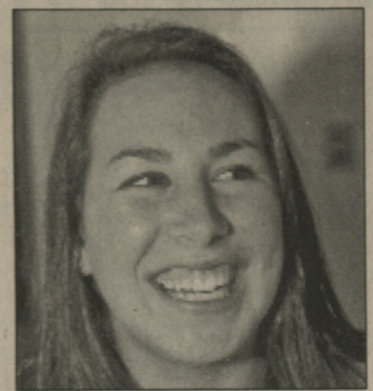


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Ms. Advice



Ms. Advice answers all your questions, even private ones, in complete confidentiality. Send your questions to: ak09722@students.salisbury.edu

My parents are really strict about grades and constantly threaten to take me out of school if my grades drop below a B average. I have a good GPA, and I am a good student, but one of my classes this semester is really tough, and I know I am going to get a grade that is below my parents' standards. How can I make them realize that I am studying and not slacking off? I just want them to realize that just because I get one bad grade, it doesn't mean I don't try.

It is never fun to feel like you are letting down your parents. It hurts even more when your parents do not trust you when you really are just trying to please them. Keep a file on the class that you are having a difficult time in, and keep the grades you have received and everything that you have used to help you succeed in the class (study guides, note cards etc.). Use this to show them that you are trying. Tell them you realize you are struggling in the subject and that you are also doing as much as you can to be successful. Your parents should then acknowledge that you are taking responsibility and that this was just a tough class for you.

"I am a sophomore, and I just realized that I really do not enjoy my major. I have been set on being in the business field since I was in high school, but recently I have realized that the curriculum is not for me, and I would rather not be working in a typical business office setting. Since I have always been focused on business, I don't know what other field I would like to look into and possibly major in now. How can I figure out what I would like to major in and pursue in the future without adding years onto my college stay?"

Make an appointment with your advisor to discuss your concerns. An advisor can help you make decisions about classes when going about switching a major as well as offer advice on what other major you may also consider. You could also talk to your friends about their majors to get a feel for different fields of study. Ask around about what certain topics are covered in classes and what the overall departments are like. This will give you opinions you not only relate to, but use for choosing another major and/or minor.

Textbook changes by Texas BOE are biased

By Tara Underwood
Staff Writer

Recently, the Texas Board of Education approved a social studies curriculum that will be voted on and could ultimately affect textbooks and classrooms nationwide. Some say the curriculum will put a conservative stamp on history and economics by promoting the ideas of American capitalism, questioning the Founding Fathers' secular government and presenting Republican political values.

The vote was 10 to five, with all the Republicans voting for a change in the curriculum. The biggest controversy has been over the battle between teaching Darwin's theory of evolution and whether the Founding Fathers held Christian principals or preserving

evolution and the separation of church and state.

Change in today's world is seen by most as significantly important. However, changing a textbook curriculum about historical events and information seems a bit extreme. The Board of Education wishes to see change in the differing faiths among the Founding Fathers and secularism and whether Soviet involvement in U.S. government existed or not. Members on the board are not historians, sociologists or economists and see themselves as experts about the changes in material—another negative aspect of curriculum change. The ideas and changes they want to make in turn be biased. Students could be learning ideas held important to board members instead of historians who are educated in the field.

This decision could ultimately be harmful as well. The large size of Texas is the reason they are the largest buyer of textbooks distributing to roughly 4.7 million students. The changes Texas makes will affect other states because they will want to buy what is most popular, even if the changes in material are false or biased.

To an extent, the debates happening in Texas are also influencing what teachers around the U.S. are educating their students with. The massive amount of new amendments to the Texas textbook curriculum puts into question many ideals held by historians for centuries. Who should we believe?

Many other cultural values and historical events are also being brought into the debate. In the current state of

America, the Hispanic and black races are increasing drastically. The importance of the Civil Rights movements and history with Mexico are things that especially those who hold a race different than Caucasians on the Board may want to see.

America is changing for the better and is no longer dominantly white. Change in some ways is necessary to fit the progress and industrial world history has molded.

The textbook controversy has brought into light many interesting and important values and beliefs. However, some of the ideas about what is important to place in textbooks are biased.

The historical evidence present for centuries cannot simply be left out—especially at an education level.

Law prohibiting tanning bed use to minors would make sense

By Morgan Majchrzak
Staff Writer

Federal health experts are debating on creating a law so that any person 18 years old or younger cannot use tanning beds. A World Health Organization analysis showed that the deadliest forms of skin cancer increase 75 percent in people who use tanning beds in their teens and 20s. According to an MSNBC article, more than 30 states already have tanning salon regulations in place with some requiring parental consent. New FDA requirements would apply nationally.

I must say, I agree with the regulation if it takes effect. There is no need for a person under the age of 18 to use a tanning bed. Who are you trying to impress? I get the fact that people generally turn paler in the winter because, of course, the lack of sunlight.

That's natural, though. When I see a person in December that is so tan that he or she is brown, I know it's fake and it makes me think that this person is a tad insecure or superficial. There really is no need to be tan all year round, unless you live in Hawaii or any tropical location...but even then, that would be a natural tan.

Another thing that shocks me is that the parents of these teenage

tanners allow their sons or daughters to go to tanning salons. Are they completely devoid of the dangers of these tanning beds and that they can cause cancer? It does not sound to me like these parents are the best role models if they are allowing their teenagers to fake and bake. It just adds to the notion that looks are all that matter and that having pale skin in winter is unthinkable. Parents should instead forbid their children to go to tanning beds until they are of age to decide on their own. Even then, the parents should sit down with them and thoroughly discuss the dangers of tanning beds.

I know the other alternative is

spray tanning, and the shade of tan is not as reliable as a tanning bed. People that spray tan are pretty easy to spot because they are some shade of orange. Going along with my theory on high school kids and superficiality, showing up to school looking like an oompa loompa would be humiliating. This could be why teens turn to tanning beds, but it's at a much greater risk. Would you rather use the spray tan and take a chance at turning orange or use a tanning bed and take a chance at losing your life to cancer? Personally, I would rather be paler until summer when I can lounge by the pool with friends.

Letters to the Editor

Vote Glanz for SGA President

My name is Julia Glanz. I'd like you to vote for me for President of SGA.

Voting takes place online between Wednesday, March 31 starting at 8 a.m. and Friday, April 2 ending at 5 p.m. To vote go to www.tinyurl.com/voteglanz.

As your SGA President, I will continue my work to keep Salisbury's crime from spilling onto our campus and student housing around town, identifying problem landlords, and listening to the concerns and ideas of all SU students.

My work has and will have a direct impact on your quality of life.

Extended shuttle hours to UV/UP to 12:15 AM. The shuttle used to stop at 10:30 PM but as a result

sult of the safety forum I hosted last semester your safety and convenience have been enhanced.

Safety Alerts Imagine that you could choose to be alerted whenever an incident occurred on campus. I'm working to make sure students are notified about possible safety issues as soon as possible.

Renter's Fair Did you ever wish you knew which landlords were going to be problem before you signed a lease? As President I will create a screening method to keep problem landlords from advertising to students on campus.

PARTY SMART Program will dramatically reduce the noise violations students receive on weekends. As

President I will continue to work with City Police, local landlords, and neighbors to ensure this program becomes a reality! It is looking good and with your vote I can push it over the top.

Multicultural I'll promote change throughout campus for Multicultural Student Services because I believe they haven't received the recognition they deserve. I will make sure that any event on campus that is for students will have every student represented from every culture club or organization: no voice left unheard.

As President, your concerns will be my concern and I will work with the SGA Exec Board and our hardworking senators to create a better/safer campus environment. My track

record proves that I am not afraid to tackle big issues and put pressure on the administration. As SGA President I will serve the students first and as your President I promise to work my hardest for you!

Please Vote for me, Julia GLANZ, Wednesday, March 31 starting at 8 a.m. through Friday, April 2 ending at 5 p.m. Go to www.tinyurl.com/voteglanz to vote in your next SGA President.

Vote in a new passionate president that will work for YOU! VOTE GLANZ!

Sincerely, Julia Glanz
Candidate for SGA President
VP of External Affairs

Vote Gotham for SGA President

My name is Pat Gotham, and I want to be your SGA President. I currently serve in the position and work every day to better serve you, the students. People describe me as visionary and dependable. I never lose my drive. When you vote for Pat Gotham for SGA President, you are voting for experience, passion, and leadership.

Some of my highlights in SGA include: creating the I Love Salisbury Cleanup; lobbying the Administration of SU to give students more space to work out, which resulted in the purchase of the University Fitness Center; working with students from across Maryland to oppose the Porn Policy,

which would have limited our First Amendment Rights and fortunately the hard work paid off, allowing students to maintain our freedom; writing constitutional changes to change SGA terms to run the same as the school year instead of by the calendar year to better serve the students; voicing student opinions that got the shuttle hours extended; working with community members and landlords to better the relations between students and the surrounding community, which is getting better continuously; helping to recruit students to join the SGA Senate, which has grown from nine members to over forty; and there are more but most im-

portantly, I respond to student questions and concerns as accurately and quickly as possible. After all, I'm here to serve the students first and foremost!

It's great to talk about what I've already done for Salisbury University, but the question on your minds is what will I be working towards for this upcoming term? If elected SGA President, I plan to increase involvement by all students on campus; ensure SU students have access to classes they need to graduate; fight against any unnecessary tuition increases; ensure a diverse campus; help to both maintain and increase the quality of academics and student life at Salisbury University; ensure that

everything possible is being done to keep students safe both on and off campus; increase school spirit on campus, especially concerning attendance at sporting events, both varsity and club sports; help to increase the presence of Greek Life on campus including bringing Multicultural Greek Organizations to campus; respond to any and all student concerns so that everyone can enjoy being a Sea Gull as much as possible.

Experience. Passion. Leadership. That's what you'll get when you vote for me for SGA President. Sincerely, Pat Gotham

Students count in the 2010 Census

Do students count in the 2010 Census?

Absolutely! With the abundance of colleges, universities and technical schools across the state of Maryland, understanding where students should record their residence during the 2010 Census will be key to achieving the most complete census count.

The goals of the 2010 Census are to count every resident only once and in the right place. The right place is defined as your primary residence on April 1.

Things You Need to Know

Students living in dormitories and residence halls are counted during an operation known as

Group Quarters.

These facilities are defined as places where unrelated people reside.

Students living in dormitories or fraternity and sorority houses will be provided with Individual Census Questionnaires.

The forms will be distributed and collected by Residential Assistants or housing staffs. Group Quarters enumeration will be conducted between April 1 and May 15, 2010.

Students living at home with their parents are counted along with other members of the family at that address. Students living independently off campus in apartments or homes should complete their own census forms.

Be Counted

"Be Counted" sites will be set up throughout the community where anyone who believes he has been missed by the Census may obtain a questionnaire. To facilitate participation, questionnaires will be available in six languages: English, Spanish, Chinese, Korean, Vietnamese and Russian.

By law, all information collected by the U.S. Census Bureau is strictly confidential and is used for statistical purposes only. It is not shared with any other agency.

Work for the Census

Conducting the census is the largest domestic undertaking the federal government undertakes, and it happens every 10 years. The effort employs some of the most sophisticated technical and operational tools available, as well as a workforce of more than one million temporary employees. The Census Bureau is hiring now; applicants can call 1-866-861-2010 to apply. The jobs may be part-time or full-time, and all applicants must take and pass a basic skills test. For more information, visit the Web site at www.2010census.gov. Submitted by Al Millican, Partnership Assistant for U.S. Census Bureau, U.S. Department of Commerce

College, 2010: Much different than College, 1960

By Mitchell Jones
Staff Writer

A lot has changed in America since the sixties. Segregation is illegal, the Beatles are no longer considered edgy, and a brand new Cadillac costs significantly more than five grand. It's an accepted fact in any society that, over time, bits and pieces of culture and lifestyle will change and grow. But sometimes, culture shifts in ways that create changes for the worse. Case in point—the typical American college student.

Whoever said college is a breed-

ing ground for future leaders clearly hasn't stepped foot on a university campus since the Johnson administration. Gone are the days of eager classroom participation, competitive learning, and formal dress. In 1965, a frat boy in a suit was simply going to English 101; today, he's called the defendant. And with the popularization of instant messaging and texting, abbreviations like "lol," "WTF," and the ever-popular "Yo," mean that most college students spend more time butcherizing the English language than learning about it.

"If given the choice between an Eastern European and American college kid, I'd hire the European," says hotel reservationist Rosemary Paul. "They're all highly educated, and have great work ethics. What's even better is that the kids are actually proud of it."

On a campus overloaded with sweatpants, Blackberrys, and subpar usage of the English language, the task of finding even one future leader would seem almost insurmountable. So where have the true collegiates gone? What happened to button-down oxfords and a can-do attitude? While some

people think that the days of collegiate professionalism have gone the way of the 8-track tape and disco, the reality is that it's a hidden potential, lying dormant beneath a society that rejects the notion of education as "cool." The university students of old haven't died out with the times, they've simply been covered up by the same mysterious forces that gave us Ed Hardy, "My Super Sweet 16," and jewel-encrusted smart phones. It's hard for smart to survive in a sea of stupid.

The bottom line is this—college kids need a wake up call. Sweat-

pants are not cool at 12 p.m. The ability to do multiple keg stands without passing out does not look good on a job resume. And outside of the university campus, nobody thinks that the less work you do, the cooler you are. It's time for college students everywhere to get up, put down the bong, and act like a functional human. Get a haircut. Stop by Banana Republic and get a new suit. Without a serious attitude change, McDonald's is going to be the highlight in the careers of more than a few college graduates. And nobody wants to hook up with the french fry cook.

Volume 37, Issue 19

LIFE & STYLE

March 30, 2010

Far From Home: Jennifer Crisp



Submitted photo
Jennifer Crisp

By Amanda Johnson
Staff Writer

Junior Jennifer Crisp is an active member of the Delta Gamma community who enjoys ceramics, traveling and experiencing different cultures. Crisp decided that this would be the perfect opportunity to travel around Europe and see the world, and she is studying abroad in the Czech Republic this semester.

"I am so glad that I decided to study abroad. Even though I am missing out on a lot back at school, I would be missing out on much more had I not studied abroad," Crisp said in an e-mail. "You don't just learn about the world and other cultures, you also learn so much about yourself."

Crisp is residing in Prague, the capital city of the Czech Republic, located in central Europe. It is not Americanized at all. In most European countries, foreigners can survive without knowing the language, but in Prague it is much more difficult.

"Most of the older generations do not know English at all, and the Czech language is extremely difficult to learn. I took a two week intensive language course. It was very overwhelming to learn the language, but it has helped some," Crisp said in an e-mail. "The people are more reserved here and seem very unfriendly, but then again it relates back to the country's history."

Crisp has a new outlook on life based on her experience studying

abroad. Studying abroad has made her appreciate life much more, and it has taught her that even though others may have way less in life, they still manage to find happiness.

"I would highly recommend studying abroad to anyone. It is such a life-changing experience and only in good ways," Crisp said in an e-mail. "You are in a foreign country for an entire semester, which seems long, but when you are abroad it seems like it isn't long enough. You have no real responsibilities, besides school."

Crisp has made friends from all over—not just in the states but also in Europe. She has been able to travel to different places that she has only dreamed about going to.

Although Crisp misses her family and friends, she has no regrets about indulging in the world and other cultures.

"I miss my family and friends the most, but I know that I have this amazing opportunity to experience the world and to learn more about myself," Crisp said.

Sarah Foxwell Scholarship established

From the Press Release Office

SALISBURY, MD — The tragic abduction and death of 11-year-old Salisbury resident Sarah Foxwell December captured the nation's attention and led the Maryland General Assembly to propose stricter laws for child sex offenders.

Now, one organization is helping to help prevent similar incidents in the future by making social work education more available to area residents.

The Sarah Foxwell Memorial Scholarship Foundation recently signed a memorandum of understanding with the Salisbury University Foundation, Inc. to establish a scholarship for social work students at SU.

Foundation President Teri Darby said the inspiration for the scholarship came as she and thousands of others participated in a three-day community search for Foxwell, which ended on Christmas.

"I was out there all three days, and I saw how much the community

came together," Darby said. "When it was over, we wanted to do something, and we wanted it to make a difference. Hopefully, the students who benefit from this scholarship will one day help save children who are in a similar situation."

The first scholarship is expected to be given for the fall 2010 semester. Priority will be given to residents of Wicomico County who demonstrate financial need.

"We are honored to accept this gift in Sarah's memory," said Kim Nechay, SU director of development and assistant director of the SU Foundation. "What a wonderful idea to turn such a tragedy into such a positive award for Salisbury University students who will strive to prevent this type of tragedy."

The Foxwell Foundation will raise funds through a series of events, beginning with the first Sarah Foxwell Memorial Run, a motorcycle rally, on Saturday, April 17 (rain date Sunday, April 18). Riders may start from either Harley-Davidson of Seaford, Del., or Harley-Davidson of Ocean City, Md. Registration is from 8-10 a.m.

The ride ends at the Oasis Bar and Grill in Whaleville, Md., where activities will include raffles, games for children, a silent auction and entertainment from live bands including Great Train Robbery, Tranzfusion, Roadies and Red No Blue. Registration for the ride is \$20 per person in advance, \$25 at the door, and includes admission to the Oasis.

Separate admission to the Oasis for those not participating in the ride is \$25 for ages 18 and over, \$10 for ages 13-17. A family rate for parents with children 12 and under is \$25. Pre-registration for the Oasis portion of the event is not required.

Proceeds benefit the scholarship fund, as well as the Wicomico County Child Advocacy Center. To pre-register for the ride or for more information call 443-880-6868 or 302-632-2171.

Unleash Your Fitness Potential

By Eric Buratty
Life & Style Editor

Optimal training requires more than just good exercise selection. Training requires proper exercise technique, which is often lacking in most people's workouts. So if you reach a plateau, experience unusual pressures in certain muscle areas, or become less efficient in your daily activities, you might be under-training some

muscle areas while over-training others. This means that you may be executing an exercise incorrectly.

In order to better understand the importance of using proper exercise technique, I interviewed Matt Nein, CSCS®D and SPARQ National Trainer, to discuss the average person's exercise technique. The following principles reveal how you can become much stronger, leaner, faster, and better when using something

called corrective exercise techniques.

The purpose of corrective exercise techniques

No one is 100 percent perfect in every exercise they perform, which is an underlying barrier for achieving short and long-run fitness success. According to Nein, people learn improper movement patterns somewhere along the course of their life, and fail to realize it.

Correct Your Exercise Technique

"Exercise technique will usually diminish after an injury on the field (for athletes) or due to the use of improper footwear (for athletes or the average person)," Nein said.

As a result, our body compensates for what it cannot perform well.

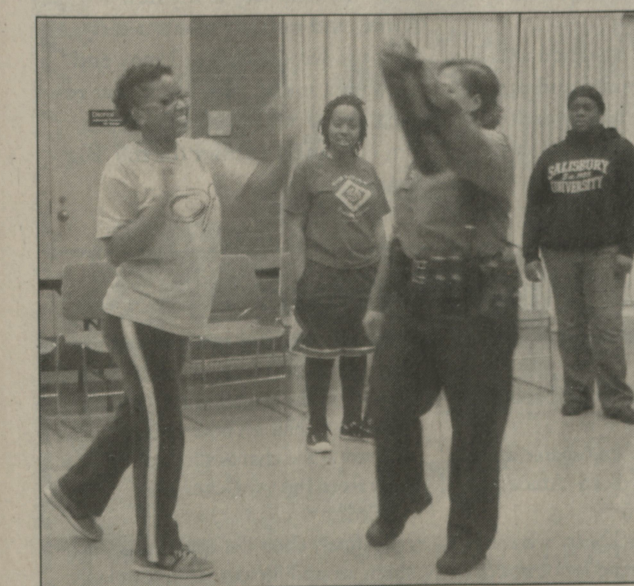
"What ends up happening is that we have these neuromuscular signals being sent that cause the body to move in this inefficient fashion," Nein said. "We need to break these

signals somehow... corrective exercise techniques are designed to help break these signals that lead to inefficient movements."

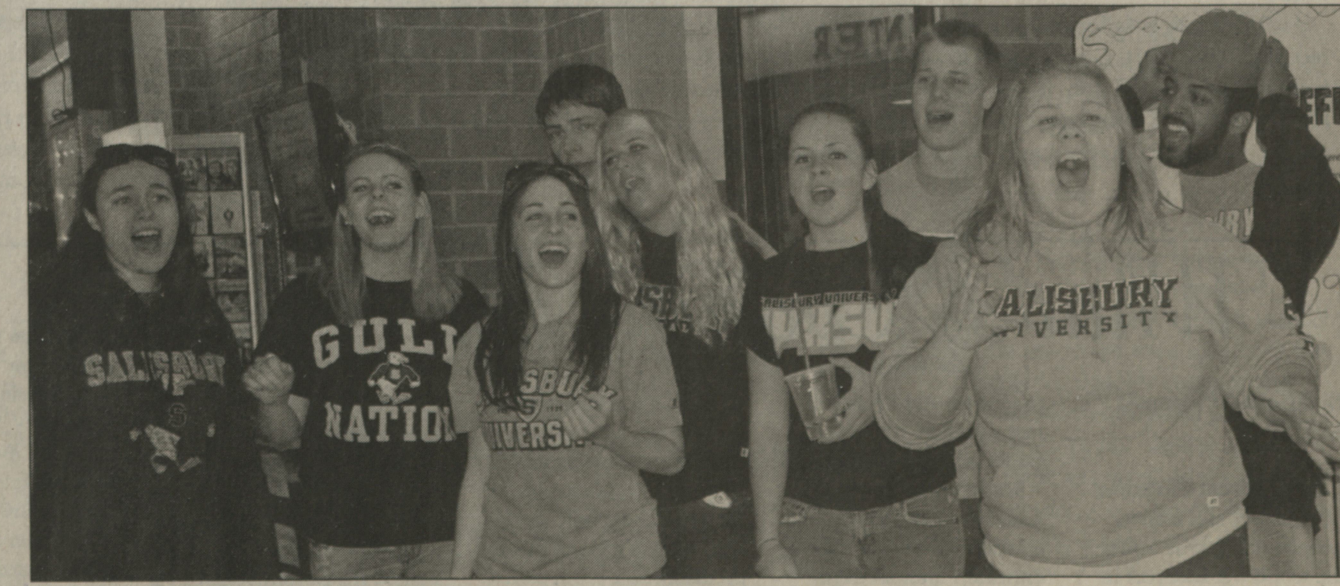
Common exercises performed improperly

Unfortunately, the exercises that benefit you the most are the same ones a lot of people do wrong.

SEE Fitness Pg. 9



Leslie Davis photo



Vanessa Junkin photo



Vanessa Junkin photo



Adrienne Price photo

1. Kelly Washington defends herself against Cpl. Cinda Howell while Beverly Luckett and Sekinat Mustapha look on at the GUC Events' self defense class.
2. Squawkapella performs near the GUC entrance at Admitted Student Day on Saturday, March 27.
3. Freshmen Peter Wakefield and Jake Krampf were the last two competitors in a TWISTER MANIA game in the Wicomico Room. Housing and Residence Life hosted the event for charity on Sunday, March 28.
4. Bridget Willey takes part in the Salisbury Idol troutons on Wednesday, March 24 in Gull's Nest.

Women leaders shape SU campus and community

By Michael Piorunski
Staff Writer

No longer relegated to a life of homemaking and childcare, women are increasingly bucking the stereotypes of past generations and assuming influential and powerful leadership roles in both the public and private sectors.

SU has been progressive in embracing this newfound trend, appointing

women across the board to prominent leadership positions in the administration, including Dr. Janet Dudley-Eshbach as president a decade ago. Not only do women serve as the four vice presidents of the university, women also make up a sizeable number of the directors and staff of the many offices and departments under the auspices of academic and student affairs.

Women at SU are also making

strides in academic leadership, and comprise 45 percent of the full-time faculty. In the Fulton School of Liberal Arts women chair eight of the 12 academic departments, and in the Seidel School of Education more than 60 percent of the full-time faculty members are women.

Carol Wood is the Associate Dean in the Seidel School of Education, and has served in her position for about six years.

"The glass ceiling has not been pervasive in higher education," she said, adding that "[the SU] campus is very supportive of women in leadership roles."

Women also continue to dominate the study body. Even though the percentage of females in the total enrollment has declined slightly from 58 percent in 1999, to 56.5 percent in 2009, female students still outnumber their male counterparts by more than

1,000.

Wood said where there is opportunity, people like to utilize their skill sets.

In recognition of the contributions women are making to SU, The Flyer is profiling four exceptional women leaders on campus. Their stories are unique, and their commitment to creating a path for future women leaders at SU and in the community is unmatched.

Dr. Rosemary Thomas



As woman who finds community in a "village" of dear friends, Dr. Rosemary Thomas says she wants to be "at a place that values service to the community and to humankind."

Before she joined the SU administration as the Vice President for University Advancement and Executive Director of the Salisbury University Foundation, Inc., Thomas served in a similar capacity at what is now Fairmont State University, as well as at Glenville State College. Having earned her master's in public administration and doctorate in educational leadership from the University of South Carolina and West Virginia University, respectively, Thomas says she has always studied people, communication, leadership and service.

In her former positions at FSU and GSC, she established a formal scholarship program, and led GSC's first annual fund campaign.

Thomas does not feel she must work harder to command equal respect from her colleagues, and said, "I have followed some very capable, powerful and successful women who managed to break the proverbial glass ceiling."

In 2008, Baltimore business daily The Daily Record recognized Thomas' leadership, naming her one of "Maryland's Top 100 Women."

Dr. Louise Detwiler



Ready and willing to enter the professional workforce after graduating magna cum laude, Dr. Louise Detwiler found herself disillusioned and tired of employers asking how many words per minute she could type. Even after landing a position as a translator for a South American engineering firm, she continued to confront the attitude that "the job site was 'not the place for women.'"

Academia, Detwiler said, offers an environment "where the best ideas [are] rewarded." She says she felt reassurance that SU had a woman as president.

A Ph.D. in Hispanic literatures, Detwiler notes being published in the New York Times and alongside notable authors like human rights activist Nawal El Saadawi as "exciting moments" in her career.

As a woman, she said, "balancing family and career is especially difficult." And despite the challenges of being a working mom, Detwiler currently serves as the chair of the Department of Modern Languages. "Together," Detwiler said, "we can create a more supportive environment."

Paula Morris, MBA



Mom, owner of marketing consultant firm, mentor and SU senior lecturer Paula Morris saw 10 years ago the need in the local community to engage vulnerable and at-risk youth in learning, and empower them to graduate high school.

Today, as the founder and president of Kids of Honor, Morris said her organization "[makes] an impact on over 600 youth per day... helping them stay focused on positive choices."

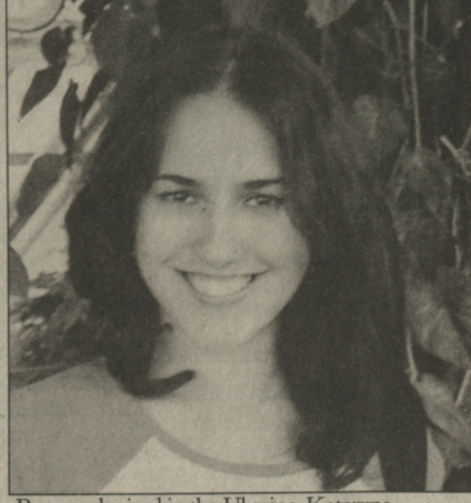
Before SU and Kids of Honor, Morris worked up more than 15 years of marketing experience in the private sector. She said an advantage of an academic atmosphere like SU is it offers more flexibility, and "allows women to take and teach classes around other life commitments."

"Balance is so important," Morris said, and added that even though the family's schedules were always chaotic, "we found a way to have a family meal about six nights a week."

As a volunteer, advisor, committee member or board member of an ever-growing list of local nonprofits and organizations, Morris has been a champion of volunteerism and service to the community.

In 2008, Baltimore-based newspaper The Daily Record recognized Morris for her service as one of "Maryland's Top 100 Women."

Kateryna Mogan



Born and raised in the Ukraine, Kateryna Mogan decided in 2005, after meeting her husband Denny, to move to the United States and study at Salisbury University. Before her big move to the Eastern Shore, Mogan attended the University of Foreign Languages in Gorlovka with a full scholarship, majoring in English.

Now an ESL Education major, she said she always wanted to become a teacher of English. For Mogan, teaching English to speakers of other languages is a perfect fit.

"Being a second language speaker myself, I know and understand all the problems that my students might encounter while acquiring English," she said.

Mogan not only works to help her students bridge the language gap in the classroom, she also conveys to her students cultural values like equal rights for women and career opportunities for women outside of the home. She said cultural differences in how other societies view women sometimes play out in the ESL classroom.

"Some of my students [have] never had a female teacher, and now it is difficult for them to accept my authority," Mogan said.

Mogan is set to graduate in May magna cum laude, and hopes to teach ESL on the Eastern Shore.

SU to hold annual Children's and Young Adult Literature Festival

From the Press Release Office

SALISBURY, MD--- The 2010 Children's and Young Adult Literature Festival at Salisbury University features something for everyone, from avid readers to aspiring writers to environmental advocates. Events are Thursday-Saturday, April 8-10.

"If you are looking for free activities for the whole family to enjoy, this year's festival is the place to be," said Dr. Ernie Bond of SU's Teacher Education Department. "World renowned authors and winners of the sixth annual Green Earth Book Awards will be on campus, and we are extremely excited."

Events begin Thursday, April 8 with a keynote address by New York Times bestselling author Michael Buckley at 6 p.m. in Holloway Hall Auditorium. Buckley is the author of the wildly successful Sisters Grimm series, and is getting rave reviews for his new series, NERDS. He also produces and writes Horrorbots, expected to be a hit show on the Cartoon Network. Buckley formerly has been a stand-up comedian, punk rock band singer, Late Show with David Letterman intern and MTV-writer. Winners of the Eastern Shore Reading Council's Young Author Contest will be attending Buckley's talk and will hold their awards ceremony in the auditorium immediately afterwards.

Buckley's talk is followed by a book signing and reception with 2010 Green Earth Book Award-winning authors at 7 p.m. in the Social Room of Holloway Hall. Given annually by the Newton Marasco Foundation, the award is the nation's first

to laud environmental stewardship in children's and young adult literature. Recipients in attendance include Eileen Spinelli, Anne Kennedy, Marfe Ferguson Delano and S. Terrill French.

The evening concludes with an Eastern Shore Writing Project sponsored presentation by author Peter Gould at 7:45 p.m. in the Great Hall of Holloway Hall. A youth theater director, physical comedy performer and playwright whose works have been performed worldwide, Gould won a 2009 Green Earth Book Award for his novel Write Naked.

Literature Festival events continue Friday, April 9, with author and illustrator panels. Lectures by the Green Earth Book Award-winning authors include Spinelli and Kennedy at 9 a.m., French at 10 a.m., and Delano at 1 p.m., all in the Teacher Education and Technology Center, Room 153. Buckley will speak in the same location at 11 a.m. Gould presents a physical comedy workshop at 9 a.m., and a talk on Shakespeare and writing at 11 a.m., both in the Black Box Theatre in Fulton Hall.

The festival concludes Saturday, April 10, with a community day at Barnes & Noble in Salisbury. Local organizations, including the Ward Museum of Wildfowl Art, will be on hand with environmental information and Green Earth Book Award winners will sign books from 10 a.m. to 12:30 p.m. For more information, call the Teacher Education Department at 410-543-6509 or visit the literature festival Web site at <http://faculty.salisbury.edu/~elbond/childlitfestival.html>.

Something "Big" is coming to Salisbury

By Theresa Fichter
Staff Writer

Students will gather together with their clubs or friends to help clean up the community on Saturday, April 17.

This is the sixth year in a row that SU has hosted the Big Event. "The Big Event is a community service project. Clubs or groups of friends may sign up to participate," said junior Julia Glanz, the SGA's Vice President of External Affairs. "It's a good way for students and faculty to come together, and strengthen bonds within the school and community. We usually have a pretty big turnout... Last year there were over 500 students and 80 job sites."

At 10 a.m. in Red Square, there will be music, food, t-shirts, and a guest appearance by Mayor Jim Ireton to get participants excited for the day of service. From there, Saferide will provide transportation to groups who will clean up designated areas.

"Groups will be assigned areas around the community and can do anything from raking leaves to painting and washing windows... In the past, some groups have

gone to larger areas such as the Salisbury Zoo... This year we plan on going to the plaza in downtown Salisbury," Glanz said.

In the past, the program has been rewarding to both the community and to its participants. Senior Meena Fahmy has been participating in the event since his freshman year. According to Fahmy, there is a new addition to the Big Event each year that makes it better than the previous.

"Every year is always a surprise, you never know what you're going to end up doing... It's a great way to meet people and support one another. It also shows the community that we don't just go to school here, but we care about the people around us as well," Fahmy said. Fahmy also plans to participate in the event this year with his business club FBIA-Phi Beta Lambda.

Robb White will be participating in the event as well. "I'm only a freshman, so I'm not really sure what to expect," White said. "...Salisbury is my new home, and nobody wants a dirty house. I have a feeling I may end up with a lot of yard work, but regardless of what I end up doing, I'm extremely excited for the 'Big Event.'"

Anita's Charosis

Ingredients:

1 1/2 cups walnuts, toasted and finely chopped
4 small or 3 medium organic apples, peeled and finely diced (Anita prefers McIntosh)
1/2 cup kosher blackberry wine (Manischewitz brand is common)
1 tablespoon honey
2 tablespoons cane sugar
1 teaspoon ground cinnamon
1 or 2 heaping tablespoons blackberry jam (or apricot)
1 cup dried fruit (can mix raisins, apricots, figs, dates)
Juice of half a lemon
Pinch of salt
*optional

Method:

To toast the walnuts, heat them over medium heat in a small sauté pan for five to seven minutes. Toss the nuts occasionally to heat them evenly and prevent any burning. Allow them to cool before chopping.

If using dried fruit, allow the fruit to soak in the kosher wine for 10 minutes to half an hour before preparing the charosis (drain the fruit from the wine after it has soaked).

To finely chop the apples, first slice them around the core into four large pieces, and then slice and chop these large pieces into quarter inch pieces.

In a mixing bowl combine the apples, salt, sugar, cinnamon and lemon juice and toss. Next add the walnuts and dried fruit and continue to combine. Drizzle in the honey, add the jam and half of the kosher wine and mix well. Add the remaining wine to the mixture, using more or less based on the consistency (the final dish should not have too much excess liquid). Adjust sugar and/or honey to taste.

Serve with matzos and bitter herbs, or make a traditional offering with the charosis combined with horse-radish, in between pieces of matzo.

What's Cooking?

By Michael Piorunski
Staff Writer

In the advent and arrival of Passover and Easter, peoples and towns across the world will take part in distinct celebrations, all of which will include regional preparations of traditional food. As followers of both

the Jewish and Christian faiths prepare to engage in these religious celebrations — Passover for Jews and Easter for Christians — one is reminded of how food is intricately intertwined in these cultural traditions.

In Spain, Mexico and other Latin American countries, where the

Catholic church dominates the culture, the people celebrate La Semana Santa (or holy week). The typical foods of these holy week celebrations include various preparations of fish paired with legumes, vegetables, followed up with a variety of sweets. As is true for most practitioners of the Christian faith, people celebrating La Semana Santa abstain from eating red meat before Easter as a sacrament of their faith.

The Jewish tradition of Passover, like its Christian counterpart, includes its own set of rites and celebrations to recognize and honor their faith. The Passover seder is a traditional potlatch that recounts the story of the



Adrienne Price photo

Fitness

Continued from Pg. 7

"A lot of the more complex movements like multi-joint, on-your-feet types of movements are being performed extremely improperly," Nein said. Such exercises include anything from squat variations to overhead press variations.

On any given day at the gym, two popular exercises you see being performed are floor crunches and bench press. Crunches have actually been shown to create unnecessary pressure on the back.

"A lot of research is starting to come out now saying that crunches may not even be beneficial anymore," Nein said. "This is because crunches have been shown to create the same amount of pressure needed to crack a pig's spine."

Cheating often occurs with the bench press whenever people start popping their hips.

"The popping of the hips is basically a way of trying to [artificially] create better core stabilization, which allows us to push more than what proper technique will allow," Nein said. To avoid such instances, change it up next you hit the gym by substituting planks for crunches and dips for bench press.

The result of poor movement patterns

The ultimate result of inadequate ranges of motion and ineffective training patterns is injury. That is why it is important to pay attention to your rep quality for each exercise. If or when your rep quality deteriorates (grinding rep or

poor form), it is best to stop the exercise. This is because your movement pattern becomes inefficient when your rep quality diminishes.

So how is improper exercise technique associated to potential risk of injury?

"The same places that improper motor patterns occur are the same places where injuries occur down the road," Nein said. "A lot of times people think the exercise feels fine, but they sometimes end up decreasing the full range-of-motion to make it look like the exercise is done correctly. Risk of injury is highest for these people."

The action—reaction cliché can be applied to this scenario. Since every action has an equal and opposite reaction, improper exercise technique (due to a lack of joint mobility) will produce an injury. This explains why an optimal progression to your workout is necessary. Nein recommends the following progression for optimal results and minimal risk of injury.

"Mobility must be correct first, then stability should be focused on, and finally the actual exercise movement must be in order," Nein said. "You could just go out and lift to get stronger by solely focusing on adding more weight, or you can actually go through the [proper progression] for the movement. Although it may happen later, the client or athlete will far surpass any strength and power gains they would achieve with the former approach."

The domino effect

Nein describes the "domino effect" as a phenomenon where inefficiency occurs all the way down through the movement pattern because of

an initial compensation. "If one pattern is off, most likely other patterns are off," Nein said. This domino effect helps exemplify why muscle ratios are uneven.

According to Nein, uneven ratios commonly occur in the quadriceps and hamstrings. These larger muscles are stimulated in lower body exercises. Nein explains how uneven ratios become apparent in the back squat and deadlift, which are two "money exercises" for the quadriceps and hamstrings, respectively.

For the back squat, it all boils down to a lack of scapula stabilization. "The inability to stabilize your scapula causes you to be immobile. And if you lack the mobility pattern in the hips, your knees are far out ahead of the bar. This results in an inefficient training pattern for the backside of your body," Nein said.

Squats and deadlifts are great examples of how we are having activation where we should not. Since the quadriceps and hamstrings are antagonist muscle groups, you become vulnerable to future injury when one ends up performing a greater ratio of the exercise than the other.

How to fix your exercise technique

The key to fixing your exercise technique comes from applying the concept of mov-

ing your hips first instead of the knees. "Most exercises actually require more hip explosion than what people actually use in movements. So the hip extensors are being under-trained," Nein said.

Using the same two example exercises as above, you can overcome your body's tendency to perform the exercise incorrectly by applying the following. For the back squat, improper technique is apparent when the back starts to move forward or the knees start to move closer together. To correct the back problem, elevate your heels on an object (refer to picture), and perform the exercise. To correct the knee problem, wrap a band around the knees. This forces your knees to be pushed out to the sides.

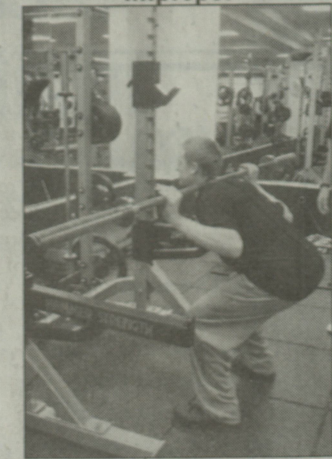
For the deadlift, improper technique is apparent when the knees begin to move out ahead of the bar. To correct this problem, you have to correct your form. The hips should be brought forward, and you push from the heels as you pull the bar up from the floor (refer to picture).

The difference between squats and deadlifts is how you move the hips. In the squat, the hips go lower than the knees to break parallel while the hips are higher than the knees in the deadlift.

Nein sums up the aforementioned principles with the following. "If you have a poor motor pattern in an exercise and you continue to lift through it, all you're doing is making the problem worse... you're strengthening a dysfunction," Nein said. So if you want to unleash your full fitness potential with weights, think about the role that the hips play in a daily movement, and apply that to an exercise to become more efficient.

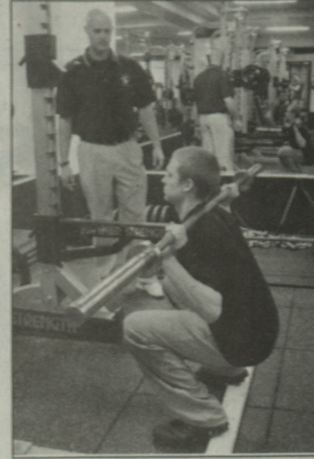
Exercise Example One: Back Squat

Improper



Marshall Wieder photo

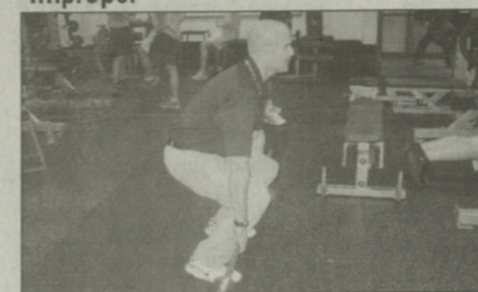
Proper



Marshall Wieder photo

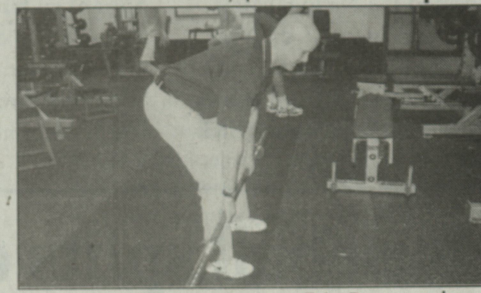
Exercise Example Two: Deadlift

Improper



Eric Buratty photo

Proper



Eric Buratty photo

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to e-mail me at eb55419@students.salisbury.edu. For those who are more serious, specify that in your email, and I will be more than happy to consult with you.

Matt Nein, CSCS*P and SPARQ National Trainer, is the manager of fitness and facilities as well as the strength & conditioning coordinator at Maggs Gym. If you have any questions for Matt, feel free to e-mail him at MANEIN@salisbury.edu.

SU Dance Menagerie spotlights varied talent of Salisbury

By Amanda Kimmish
Staff Writer



Adrienne Price photo

Various student groups danced to the beat of songs by Rihanna, Lady Gaga, the Pussycat Dolls and other popular artists in Holloway Hall the night of Saturday, March 27 during the fifth annual Dance Menagerie.

The event featured members of the Untouchables, Salisbury's Poms and Step Squads, and the Knights of Sigma Tau Gamma. "We love putting on performances. The fact that the show

highlights different types of dances is great," said Poms president Telecia Taylor.

Students choreographed all of the dances. Untouchables Vice President Laura Oakley choreographed the performance "Rhythm of the Night." According to Oakley, it was a spur-of-the-moment idea that came to

her while going home. "I was just wondering about how interesting it is that there are so many things happening in the world at once, but it works in harmony, with a sort of rhythm; the cars have a rhythm with their stop and go motion, the birds have a rhythm as they fly around, people walk in their own rhythm, and so forth," Oakley said.

Members of Untouchables submit ideas for performances to the group in the fall and 10 dances are chosen.

Each choreographer has three practices to teach and perfect their dance.

Poms and Step Squad performances are choreographed by their members also.

"Choreographers put in a lot of time meeting outside of practices to help dancers perfect the moves so their moves fit the choreographer's concept and how they envisioned the dance in their head," Oakley said.

"Then, the week of the show, we practice all the dances, work on formations once we are in Holloway Hall and can use the stage... we tell the guys how we want the lighting done, and we run through the show several times with costume changes and such to make sure it looks good. So that is how we put the show together."

The uniqueness of each performance garnered a positive reaction from the audience.

"I really enjoyed all of the performances. I really liked all the different styles; it shows just how many aspects of dance there are," said sophomore Elizabeth Casey.

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Spriggs named male track athlete of the year

By Sarah Duffy
Staff Writer

"When you run with the best, you feel like the best," said Quentin Briscoe, senior sprinter on Salisbury's track and field team. Who he refers to as "the best" is teammate and fellow sprinter Delannie Spriggs. The track star has accumulated a long list of awards this season, adding to the many he has earned throughout his college career.

One of his latest and most impressive accomplishments is his being named the National Male Track Athlete of the Year by the United States Track & Field and Cross Country Coaches Association (UST-

FCCCA). The accolade came just after capturing the NCAA national title in the 55-meter dash and being named an All-American for his efforts. Spriggs has been given the All-American title in either indoor or outdoor track five separate times.

"All I can say is it's really a blessing," Spriggs said about winning the title. He certainly did not earn it without a fight.

"He works awfully hard," head coach Jim Jones said. He does his own separate training to make sure he's the best and has overcome several injured seasons. Spriggs endured injuries during every off-season except this year.

"Going through those tough times made him hun-

gry," Jones said.

Spriggs came to SU and started his freshman year on the football team. During his spring semester, he walked into Jones' office asking to be on the team, but he was too late.

"I had to turn him down. It wasn't the right time for him; he wouldn't have accomplished what he did this season if I hadn't," said Jones.

Outside of track, Jones describes his healthy athlete as very jovial yet quiet, often taking time to himself in order to reflect. Spriggs' motivation is doing the right thing to win.

"Some people do the wrong things to win, I try to do the right ones," he said. Spriggs has already qualified

automatically for the NCAA championship meet. His 100-meter dash at the Wake Forest Invitational placed him into the championship. With a time of 10.53 seconds, he also broke the school record in the event.

Another record Spriggs holds is the 4 x 4 relay. Briscoe is also a member of the record holding relay team and admits they would not have broken it without Spriggs.

"It's not fun running against him. We know how good he is," Briscoe said, "but training with him makes us better."

This will be Spriggs' last season for the Sea Gulls as he finishes up his college career with a degree in Interdisciplinary Studies and

Psychology. When asked what he will do after this year, he, like the majority of seniors getting ready to graduate, answered with un-

certainly.

"I don't know; we'll just have to wait and see," Spriggs said.



Athletics photo

Senior sprinter Delannie Spriggs runs the 55 meter dash at the NCAA Division III Indoor Track and Field Meet National Championships. His time of 6.26 seconds was the fastest in DIII this season and broke the previous Hollenstein track record of 6.33 seconds from 2003.

Baseball splits doubleheader, scheduled to take on Shorebirds

By Alexis Howard
Staff Writer

Tension was felt and the stakes were high at the SU baseball field during the doubleheader against the Stevenson University Mus-

tangs.

The Salisbury University baseball team (15-3, 9-1 CAC) took on CAC rival Stevenson (13-6, 7-6 CAC) in a hard-fought doubleheader on Saturday. The Sea Gulls played tough in both



Erin Corcoran photo

Salisbury's bats were in full swing on Saturday afternoon. Sea Gulls amassed 12 total hits in the doubleheader against CAC rival Stevenson.

games, but could only manage to pull out one victory against the Mustangs.

The first game ended in the Mustangs' favor with a final score of 6-4. The Sea Gulls only tallied five hits throughout the game.

Junior Brad Baylis seemed almost unstoppable during the first game, scoring two runs for the Sea Gulls and finishing 2-for-3 at the plate, with one home run. Junior Nate Young pitched a good game for the Gulls, but took the loss for his team.

Young pitched 4 2/3 innings, allowed six runs, two of them earned, and struck out five Mustang batters.

In the second game, the Sea Gulls put themselves on the scoreboard at the bottom of the third.

Sophomore Bill Morton started out with a two-out single to the outfield before making his way to second on a wild pitch by the Mustangs. Senior Chad Wolfe then brought Morton home on a single up the middle, giving the

Gulls a 1-0 advantage. Wolfe and Morton both finished the game with two RBI. The Sea Gulls added two runs in the bottom of the fifth and put up four more in the sixth to claim the victory.

Junior Kyle Judson notched the win, allowing only two runs, neither of them earned, on three hits in 5 2/3 innings. Judson walked two and struck out seven.

"We swung a tad better in the second game, but nothing great. We weren't consistent. I didn't think there was much difference," said head coach Doug Fleetwood about his team's doubleheader performance.

Despite the Saturday split, the team will be busy the next few days. They will take on Ithaca College on Sunday, March 28 at noon.

On Tuesday, April 6, the SU baseball team will face the Delmarva Shorebirds for the first time at Shorebirds Stadium. The idea was a joint effort between the University and the Shorebirds.

"I'm pretty excited about it to be honest. It's pretty cool to play a big league team," said Baylis.

SU Associate Athletic Director Matthew McGinnis has been working hard to get the campus community involved.

"April 6 happens to be National Student Athlete Day, so that night we're recognizing all of our teams. We have a couple contests that will start next week," said McGinnis. The resident assistant that gets the most fans to the baseball game this weekend against Stevenson will win a luxury box seat at Shorebirds Stadium. The sorority and fraternity presidents will try to get as many fans as they can to the games, and the president that wins will be able to throw out the first pitch. With SU Idol next week, the winner will have the opportunity to sing the national anthem.

Tickets will be available starting Saturday, April 3. They can be purchased through the Shorebirds box office or online at

Wesley warm-up soars Sea Gulls over No. 1 Gettysburg

By Brian Lomax
Staff Writer

In the last 12 years, the winner of the Salisbury - Gettysburg rivalry has gone on to play in the national championship. If history is any indication, Saturday would send one of the teams to Baltimore for the D-III national championship in May.

The No. 3 Salisbury men's lacrosse team defeated No. 1 Gettysburg College, 11-10, in an overtime thriller at Musselman Stadium. Over 2,500 fans packed the stands. The game also featured a matchup between the two all-time winningest coaches in NCAA men's lacrosse history in Salisbury's Jim Berkman (346 career wins entering 2010) and Gettysburg's Hank Janczyk (330 career victories entering 2010).

During the overtime session, the Sea Gulls (10-0, 1-0 Capital Athletic Conference) made a successful clear following a Gettysburg (9-1) turnover into the offensive box. Junior midfielder Shawn Zordani collected the ball and made a move to get behind the Gettysburg goal. Zordani hit wide-open sophomore midfielder Sam Bradman, who was standing just inside the offensive restraining box. Bradman moved quickly, and slammed a right-handed shot into the bottom left corner for his second game-winning goal of the season.

The Sea Gulls came out on fire, taking an early 5-0 lead. However, Gettysburg turned up the heat on Salisbury, as they held control of the ball for huge periods of the second and third

quarter. Gettysburg controlled the start of the third quarter as it reeled off three straight goals to open up the quarter.

Their lengthy possession times allowed them to get back into the game, with the Bullets keeping the pressure up in the fourth quarter. They scored with just 39 seconds left in the final period, sending the game to overtime. Junior goalkeeper Johnny Rodriguez appeared to have made the save, but the ball trickled over the goal line for the game-tying goal. Bradman and Von Kamecke led the way for the maroon-and-gold, as they each finished with five points, and Rodriguez manned the goal for the entire game.

On Wednesday, the Sea Gulls destroyed Wesley College 24-5 at home, with Von Kamecke (3 goals) scoring just 36 seconds into the match.

"This win was definitely a team effort," said Von Kamecke. "Every guy on the team got some playing time and got to contribute in the game. We are a very young team with great talent."

Coach Berkman spoke highly of his team, saying that they came out and answered the bell right away. Thirteen different Sea Gulls scored in the match.

Johnny Rodriguez, who tallied the victory for Salisbury, was also happy with the effort. All four Sea Gull goaltenders played in the contest, accumulating nine total saves between them.

The Sea Gulls take on Capital Athletic Conference rival University of Mary Washington on the road this Wednesday afternoon.

MARCH 30, 2010 THE FLYER

Boxer Guerrero to defend NABO title in hometown of Salisbury

By Tom Watson
Sports Editor

Undeclared boxer Fernando Guerrero returns to his hometown of Salisbury for his first title defense.

The 23-year-old Guerrero (17-0, 14 KO), born in the Dominican Republic, will take on 31-year-old Michael Walker (19-3-2, 12 KO) at the Wicomico Youth and Civic Center on Friday, April 16 to defend his North American Boxing Organization title for the first time. The public is invited to come starting at 8 p.m.

Guerrero's manager and co-trainer Hal Chernoff calls Walker a "gatekeeper," which in the boxing world, means that in order for Guerrero to pass through the metaphoric gates to stardom, Walker is one of the fighters he must beat.

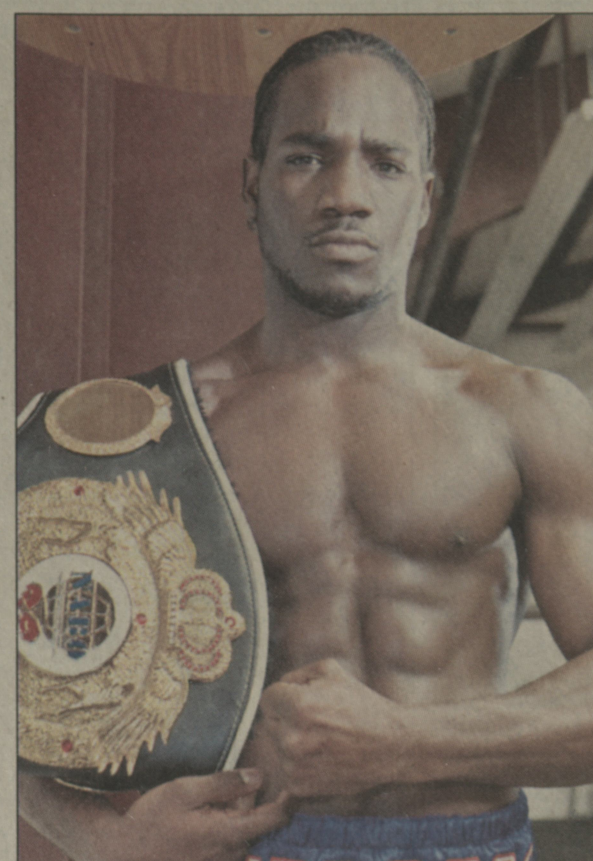
During Guerrero's last trip to the Eastern Shore on Oct. 10, he defeated Ossie Duran by majority decision at Arthur W. Perdue Stadium. According to Chernoff, Walker is a similar match-up to Duran.

Though he has never himself held the title, Walker is a physical, attacking fighter, says Chernoff, who likes to throw punches, which should make for a very exciting bout.

"I expect to see Fernando's best stuff," says Chernoff. "He's been through just about everything in the ring a boxer could go through. He's ready for anything."

The event features a total of six bouts including Shawn "Showtime" Porter and Alexis Guerrero, Fernando's brother. Ranging from lightweight to cruiserweight, the fighters share common ground.

The Guerrero brothers and 20-year-old Tyler Thomas, fighting in his debut bout, are part of Main Street Gym boxing, while Ty Barnett and Dominic Weight, fighting at lightweight and mid-



Fernando Guerrero of Salisbury will be boxing against Michael Walker on Friday, April 16 at the Civic Center.

dleweight, respectively, have trained with Fernando in the past.

Guerrero, who trains between Salisbury and Washington, D.C., will defend his title and try to push further through the ranks of the boxing world in front of 40 million homes worldwide as the event is televised live on Showtime, through Prize Fight Boxing.

Chernoff and promoter Russ Young have also recently added advisor Al Haymon to Guerrero's staff. Haymon represents boxing superstars Floyd Mayweather and Sean Porter.

DISCOUNT TICKETS

Use the code "seagull" (one word) to get \$5 off the ticket price from Tuesday, March 30 to Tuesday, April 13. Buy tickets at www.wicomicociviccenter.org or by calling 410-548-4911.

Millions of brackets busted early in the year of upsets

By Fred Hobbs
Staff Writer

This year's NCAA tournament has been a David versus Goliath showdown, with David winning, as many top-seeded teams were upset early and often.

For college basketball fanatics, this has been one of the craziest years to fill out a bracket. According to ESPN.com, nearly 5 million people entered the online NCAA Bracket 2010 contest. After the first round of games was complete, the number of perfect brackets dwindled to an unbelievable sixteen.

Out of the gate, in the first round of the tournament third-seeded Georgetown Hoyas faced off against the No. 14 seed Ohio University Bobcats in a game that looked to be an easy win for the Hoyas.

Georgetown finished their season losing in the Big East championship but looked to redeem themselves and go deep into the tournament.

Ohio had other plans, surprising Georgetown by

dominating the game from start to finish and not giving the Hoyas a chance to gain any control in the game.

The Bobcats were led by Armon Bassett who scored 32 points to lead the 14th-seeded Bobcats to a convincing 97-83 win over the Hoyas in the Midwest Regional.

"We may not be a better team, just got to be a better team on a given night," Bassett said in an interview.

Just a few weeks ago, no one expected Ohio to be in this position. The team had finished a 7-9 season in Mid-American Conference play and entered the conference tournament as the ninth seed, four wins in a row later they were in the tournament and eager to shock.

The biggest upset of the tournament thus far was the Northern Iowa Panthers' defeat of the No. 1 seeded Kansas Jayhawks.

Playing with balance down the stretch and getting a big 3-pointer from senior guard Ali Farokhmanesh, Northern Iowa pulled off one of the biggest NCAA upsets in

years by knocking No. 1 overall seed Kansas from the bracket with a program-defining 69-67 win in the second round.

According to ESPN.com, "This team has done such a great job of turning the page to what's next, and this would be the biggest challenge of the year," Northern Iowa coach Ben Jacobson said. "A lot of positive things have happened because of the way these guys played."

Other notable upsets were No. 12 seeded Cornell over fifth-seeded Temple and fourth-seeded Wisconsin, and No. 10 seeded St. Mary College over second-seeded Villanova.

2010 seems to be the year of upsets, as over 95 percent of brackets filled out in the US were busted within the first couple rounds of the tournament. Now only one No. 1 seed remains in the final four after fan-favorite Kentucky lost Saturday night to second-seeded West Virginia.

Come-from-behind win keeps Women's lacrosse undefeated

By Patrick Drengwitz
Staff Writer

On a frigid Friday afternoon at Sea Gull Stadium, it looked as though the top-ranked Salisbury women's lacrosse team would receive a shocking upset at the hands of No. 16 Union College.

Senior Beth Rhodry put Salisbury on the board first with a goal four-and-a-half minutes into the game but it was quickly followed by a Union bounce shot to even the score. Union (2-3) then scored three more goals to go up 4-1, threatening with an upset.

Sophomore Ashley Cudmore would later say about Salisbury falling behind, "We had to pick up our intensity and play their game, not ours in order to comeback."

Union scored another goal not too long after a Salisbury timeout, but then Salisbury

finally stepped on the gas. The Sea Gulls scored four unanswered goals, coming from senior Kim Cudmore, junior Logan Bilderback and junior Aileen McCausland to tie the game at five.

The second half began with Cudmore's second goal of the game only thirty seconds into the third quarter, but was followed by two Union goals, putting the Dutchwomen back on top 7-6.

Solid goaltending by both goalies thwarted off many shots from the offense but with ten minutes left, senior Jessica Chmielewski fired a shot past the Union keeper to even the score. The Dutchwomen made 22 saves on the day to Salisbury's seven.

Union went back on top only a minute later but it was the Sea Gulls who played the strongest in the final six minutes. Cudmore earned

her hat trick with the equalizing goal followed three minutes later by McCausland scoring the game winner and her second of the afternoon.

Following the game, sophomore defender Kristen Chandler had a few things to say about their comeback.

"We worked more as a team, won more draws and executed more simple passes, and overall, had better communication on offense," Chandler said.

When asked what the necessary changes to be made in the second half were, head coach Jim Nestor responded, "better clears needed to be made, shot selection needed to be smarter, and the penalties had to stop."

Salisbury (10-0) will next travel St. Mary's College on March 28 to try and stay undefeated before playing their final regular season game at home against Wesley College on March 31.

Athlete Spotlight

Connor Burgasser

By Brian Willhide
Staff Writer

Connor Burgasser is this week's featured Sea Gull for the Athlete Spotlight. The senior long-stick midfielder is one of eight seniors on this year's undefeated team. Burgasser is second on the team with 22 ground balls and leads the Gulls with 17 caused turnovers. The Mendon, N.Y. native recently sat down with The Flyer to answer a few questions:

What is your major?
Physical Education.

What do you plan to do after graduation?

I will be pursuing my master's here and working as a Graduate Assistant under Coach Berkman. I'll also be coach Sandlin's personal trainer.

What are some of your favorite hobbies/activities off the lacrosse field?
Playing Indiana Jones Lego Adventure with Sam Bradman and Mike Winter, collecting stamps with Bill Poletis, and playing Text Twist with Caitlyn Ruffus.

What are some of your top songs right now on your iPod or CD player?
"Super Freak" by Rick James.

You're originally from Mendon, N.Y. What made you choose Salisbury University?

To win a championship on the lacrosse field and because I heard Sam Miller would be coming here.

Did you always know you wanted to play college lacrosse?
My original plan was to play basketball at Syracuse University, but the whole lack of height and no shooting skills didn't help that, so I had to go with lacrosse, which turned out pretty well for me too.

What is your most memorable lacrosse moment?
Winning a National Championship was pretty cool but also winning bronze medal in the Empire State Games because of a misplay by some player on Team Hudson Valley.



Adrienne Price photo
Connor Burgasser

If you had to use a few adjectives to describe your play on the field, what would they be?

Stealthy, Extreme, and I've got a little something called 'Happy Feet.'

You are part of a quality group of seniors on this year's team - how have you personally stepped up as a leader to some of the younger guys in the program?
Just by showing them what Sea Gull Lacrosse is all about and passing on the tradition that I have experienced these last three years from older guys and captains before me.

You guys are off to a great start this season — what do you attribute a lot of that success to? With a great combination of intensity on the field, but also a whole lot of fun off the field including and not limited to dance parties, practical jokes, and waiting every day to see what Tim Lum will get in trouble for at practice.

The team had a somewhat disappointing finish to this year's season - how have you personally stepped up as a leader to some of the younger guys in the program?
Just by showing them what Sea Gull Lacrosse is all about and passing on the tradition that I have experienced these last three years from older guys and captains before me.

Yes, 2009 was very disappointing, but at the same time it was good for a lot of players to get that much more hungry in the weight room, on the track, and in the film room to get back to the top this year and end up at our overall goal of playing in Baltimore on Memorial Day weekend and ending it with a "W" and nothing less.

After you're done playing, how do you want to stay involved in this sport? Just being around it as much as possible, and by becoming Spencer Smith's agent as he tries to become the only player in D-III history to play every position on the lacrosse field in one season.

Tennis fights through windy weather on way to weekend victory

By Theran Dennis
Staff Writer

Despite having to put up with this past weekend's unfavorable conditions, the Salisbury University men's and women's tennis teams were able to dominate the round robin competition hosted on their home court.

Competition began Saturday with the men, ranked No. 21, having upset the No. 13 ranked men of Kalamazoo College 5-4. The match, played indoors, was highlighted by the Sea

Gulls doubles sweep of the Hornets (8-3).

The duo of seniors Evan Thomas and Scott Burtzlaiff led the way, convincingly defeating their opponents 9-2, while the tandem of junior David Lupinetti and senior Marcus Robinson won 8-5 against their opponents. Drama ensued during the last doubles match of the day, as sophomore Daniel Barnas and junior Andrew Nottage led the Sea Gulls to a clutch 9-7 victory to seal the upset.

"Beating Kalamazoo



Athletics photo

Senior Rachel Iosue returns a hit against St. Mary's (Md.) on Sat. Iosue and Kelly Fahrner swept No. 2 doubles 8-0.

was a big deal," said head coach Randy Halfpap. "They have the most championships in men's tennis history. For them to have come to Salisbury, and for us to have beaten them here in dramatic fashion was a lot of fun."

Next on the day's schedule was conference rival St. Mary's College, played outside. Both the men and women came away with 7-2 and 8-1 victories, respectively. The women played flawless as they swept the Seahawks in doubles competition.

"We've been playing phenomenal," said freshman Jillian Poppe, who is undefeated in match play so far this season. "Everyone's been playing very well."

Sunday, the men solidified through very windy conditions on the outdoor courts as they dominated Christopher Newport University and conference rivals Hood College and Stevenson University - winning 22 of 27 matches in all. In light of the team's success both the men and women found it difficult playing against the wind.

"Today was tough," Thomas said. "We had to move our feet a little more. The balls were moving all

over the place, which made playing much tougher."

"The players would tell you that they would rather play in the rain in 30-degree weather than wind in 60-degree weather," said Coach Halfpap. "It's tough, but you just have to concentrate a little bit more."

Poppe experienced this first-hand as she went head-on against the wind and her Blazer opponent in singles competition. The result was an epic, 7-6 (7-4), 7-5 victory in Poppe's favor, and highlighted the women's success for the day as they defeated the Blazers and Mustangs 9-0 each.

"It was one of my toughest matches all year," said Poppe. "I just tried to work through [the wind] because I knew she was playing in it too."

Both the men and women will use the weekend's success going into their upcoming match with conference nemesis Mary Washington.

"The matches that we've played thus far have helped us out," said Thomas. "It's good to play good competition while we're getting ready for Mary Washington."



Dan Anderson photo

Junior David Lupinetti warms up before defeating the No. 3 Kalamazoo doubles team 8-5 on Saturday.



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Softball sweeps doubleheaders, giving Coach Knight 500th win

By Brian Joiner
Staff Writer

Dominant, powerful, authoritative. These are just a few ways to describe the SU softball team's play so far this season.

Heading into last week with two doubleheaders at home, the Sea Gulls stood at 13-2, winning 13 straight games after dropping their first two earlier in the season. On Wednesday afternoon the ladies opened their first home doubleheader against Wesley College, ready to make a statement.

The Sea Gulls blew out the Wolverines 23-1 in the first match and then defeated the visitors 8-0 in the second game of the day. An outstanding defense with pitching led by sophomore Jamie Wells, and juniors Kelsey Mills and Kelly Leary helped pave the way for the offense to do what they do best, score.

In the first inning alone, 13 Salisbury batters saw the plate, scoring 10 runs. Since the Sea Gulls are accustomed to flying, they sent several balls soaring deep and racked up four home runs in the game.

Seniors Lauren Brenneman, Amanda DeMoine and Rachel Hasting as well as sophomore Casey Zaino were the batters who read the pitches perfect and sent them over the wall in the first win.

Later that day the Sea Gulls kept up their winning ways with an 8-0 victory. Erika Brittingham joined in and helped Mills and Wells in the pitching rotation to cap off another shutout.

There are several reasons why the



Softball Head Coach Margie Knight accepts a gift from her players after earning her 500th career win with a doubleheader sweep of Wesley.

softball team has been so successful this year.

"I feel our defense is keeping us in the game. Our pitching staff is shutting down our opponents and defense is making the plays behind them," said Brenneman. "We have timely at bats and take one game at a time."

The most apparent reason for their success is found in the leadership of their coach.

With the first win over Wesley in the doubleheader, head coach Margie Knight reached a historic milestone, 500 wins. Knight is only the 25th coach in Division-III sports to achieve such a landmark.

"Coach Knight is an amazing coach, being a part of both her 400th and 500th wins is awesome, I am honored to be a part of her team and the Salisbury Softball legacy," said Demoine.

Leary spoke in high regards of her coach as well.

"I have never met a coach who is so passionate and who puts so much time into a softball program. It takes a lot of dedication as well as patience and coach has that in her," Leary said.

Following the victory, Coach Knight has the third-highest winning percentage in Division-III history at 80.4 percent (500-121-2).

Riding Coach Knight's milestone the Gulls continued their winning ways, shutting out the Stevenson University Mustangs in both contests of the Saturday doubleheader. The Sea Gulls won the first game 8-0 and the second 3-0 to earn their eighth and ninth shutouts of the season.

Athletics photo

SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ Sea Gulls★ Sea Gulls★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★

Baseball

Salisbury fell down early to the Ithaca College Bombers 5-0, before relief pitcher Drew Baldwin stepped in to stop the bleeding, working the final 6 2/3 innings of the game, a career-high.

Salisbury began their comeback with two runs in the third inning. Sophomore Nick Walls hit the first home run of his career to start the fourth inning and junior Brian Green added a three-run shot of his own to give the Gulls their first lead of the game at 6-5. It was Green's team-leading sixth home run of the season.

Then, in the bottom of the sixth, senior Mike Celenza hit a solo home run to give Salisbury the victory, marking Celenza's 26th career shot, tying him for the second most in program history.

Baldwin struck out a career-high seven batters. SU won with a final score of 7-6.

Junior pitcher Kelly Leary earned her 10th win of the season, allowing four hits, walking one batter, and striking out nine.

In the second game, SU tie the game at two in the second inning, where it would remain until the seventh inning.

Salisbury would score two unearned runs in the seventh inning to give sophomore relief pitcher Erika Brittingham the victory after pitching six scoreless innings, allowing one hit, walking two, and striking out four.

Track & Field

The track and field team traveled to College Park on Saturday to participate in the Maryland Terrapin Invitational, earning 16 top-10 finishes.

Senior Brandon Fuggett won the men's discus with a throw of 156' 8" along with a 54' 1 1/4" shot put and a 161' 6" distance in the hammer throw, both good for second place.

Senior Quentin Briscoe and freshman Matt McMurdo each earned a sixth and 10th-place finish, helping the Sea Gull men to 40 points and a ninth place finish out of 15 teams.

Senior Lindsay Metzler jumped to sixth place in the triple jump with a distance of 36' 1 1/4", less than two inches shy of a school record.

The women's team finished with 13 points and a 10th-place finish out of 14 teams.

Softball

On Sunday, the SU softball team swept conference opponent Hood College in an afternoon doubleheader 10-0 and 4-2, respectively.

Senior Kelly Waskewicz hit a solo home run in the fourth inning followed by a two-run shot over the wall in the fifth inning, giving her 48 career home runs, tying her for fourth on the NCAA career list.

Freshman Michelle Gravdahl sent a two-run home run over the outfield in the fifth inning, her first career collegiate home run.

Salisbury Sports Nation Poll

Since the start of NFL free agency this year, which team has made out best?

Ravens w/ Anquan Boldin (WR) 70% Bears w/ Julius Peppers (DE) 10%
Bengals w/ Antonio Bryant (WR) 10% Chiefs w/ Thomas Jones (RB) 10%
Giants w/ Antrel Rolle (SS) 0%

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SALISBURY SPORTS CALENDAR

Tuesday-3/30	Wednesday-3/31	Thursday-4/1	Friday-4/2	Saturday-4/3	Sunday-4/4	Monday-4/5
3 p.m. Softball vs. Catholic 5 p.m. Softball vs. Catholic	3:30 p.m. Baseball vs. Wesley 4 p.m. Men's Lacrosse @ Mary Washington 4 p.m. Women's Lacrosse vs. Wesley		3 pm Men's Tennis @ Hampden-Sydney @ Fredericksburg, Va.	9 a.m. Track & Field vs. Penn Invitational @ Philadelphia, Pa. at University of Pennsylvania 11:30 a.m. Women's Lacrosse @ Stevenson 1 p.m. Softball vs. York (Pa.) 1 p.m. Baseball @ Wesley 3 p.m. Softball vs. York (Pa.) 3:30 p.m. Baseball @ Wesley		3:30 pm Baseball vs. Catholic